

COLONOSCOPY – INSTRUCTIONS (2 Day Preparation)

Date of Procedure:

Arrival Time:

Procedure Time:

** Note cancellation or rescheduling within 1 week of the procedure may incur a \$100 cancellation fee at the discretion of the surgeon

Location & Details:

Georgetown Hospital. 1 Princess Anne Drive, Georgetown Ontario. L7G 2B8. Paid Parking is available at the front of the Hospital. Take ticket at parking entrance. Pay machines are located at the entrance of the hospital. Go to the Day Surgery Clinic for registration.

Home medications on day of your procedure:

You should take all your usual morning medications with sips of water (except diabetic pills). If you are diabetic please discuss your medications with me. Continue your Aspirin or Blood Thinners (e.g. Coumadin/Warfarin, Plavix) as usual unless instructed otherwise.

Other Instructions: _____

What to bring to your procedure:

Please bring your Consent Form, Pre-op Surgical Questionnaire, List of home medications, Health card.

After your procedure:

After the procedure you will be alert once the immediate effects of the sedation wear off, usually over an hour or less. You will be discharged home with an information sheet indicating the results of your procedure. If there are any significant results your surgeon will speak with you or a designated family member immediately after the procedure.

If you received sedation for your procedure you will need someone to drive you home. You cannot operate a motor vehicle or heavy machinery until the morning after the procedure. If you are taking a taxi home, you MUST have someone accompany you.

You should not drink alcohol or use sleeping pills or other sedatives pills until the following day.
Once you depart the hospital there are no other restrictions to your diet and you can restart your home medications unless directed otherwise.

If you notice your abdominal pain or discomfort is worsening after you reach home, or you develop excessive bleeding from your rectum, fevers, or persistent nausea and vomiting go directly to your nearest emergency department.

Bowel Preparation (Over the counter medications available at most pharmacies)

6L of PegLyte prep

3 Bisacodyl (Ducolax) tablets

3 days before your procedure

Do NOT eat foods containing seeds, nuts, or corn, raw/uncooked vegetables, potato skins, fruit with skin or seeds until after your procedure. Stop all fibre supplements (flax seeds or Metamucil)

2 days before your procedure

Before 8 am – have a very light, fat free, low fibre breakfast (ex. Toast, bagel, waffle) – nothing with seeds/nuts

After your breakfast you may only drink clear fluids. Aim for a minimum of 4 litres of clear fluids outside of the prep during the day.

Clear Fluids Includes: water, apple juice, consommé/broth, Jell-O , white grape/cranberry juice, black tea (without milk), ginger ale, soda water. Sports drinks like Gatorade are recommended because they contain electrolytes and prevent dehydration. Safest colours are yellow and green.

At **3:00 pm**, drink **2 litres** of **Peglyte**. Drink 1 glass (250 mL) every 15 minutes until complete.

Do not drink coffee, dairy products or anything coloured red, purple or blue.

Diabetics – continue your medication and take 1 meal replacement (such as Glucerna® or Resource®) at each meal today.

1 day before your procedure

Drink clear fluids all day. Aim for a minimum of 3 litres of clear fluids outside of the prep during the day. Fill **4 litre jug** of **PegLyte** with water and if desired refrigerate to make easier to consume.

Diabetics – continue your medication and take 1 meal replacement (such as Glucerna® or Resource®) at each meal today.

At **3:00 pm**, take 3 **Bisacodyl** tablets followed by 1 litre of clear fluids

At **5:00 pm**, drink **2 litres** of **Peglyte**. Drink 1 glass (250 mL) every 15 minutes until complete.

Your bowels will usually start to move within 1 hour, producing a series of watery bowel movements. Ensure you are close to a toilet at this time.

Day of your procedure

If your procedure time is BEFORE 12:00 pm then **beginning at 4:00 am** drink **2 litres** of **PegLyte** (which you had previously prepared). Drink 1 glass every 15 minutes until complete. After this you should have nothing further by mouth.

If your procedure time is AFTER 12:00 pm then **beginning at 6:00 am** drink **2 litres** of **PegLyte** (which you previously prepared). Drink 1 glass every 15 minutes until complete. You may drink clear fluids **up to 4 hours prior** to your procedure time.

You may have your regular morning medications with sips of water as early as possible (see section on Home Medications).

Hints for Success

To lessen the taste of the prep liquid, try drinking it with a straw. Try it cold. To lessen the taste between glasses, try gum or hard candy. For a sore bottom, clean with baby wipes and put on a protective ointment (like Vaseline or Zinc Oxide Cream) after bowel movements. For chills, use a blanket warmed in the dryer.