

## **GASTROSCOPY AND COLONOSCOPY – INSTRUCTIONS**

### **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 your surgeon. Continue your Aspirin or Blood Thinners (e.g. Coumadin/Warfarin, Plavix) as usual unless instructed otherwise.

Other Instructions: \_\_\_\_\_

### **What to bring to your procedure:**

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)

One box of **Bi-Peglyte** Prep

(Includes **2 packets to make 2L PegLyte and 3 Bisacodyl** (Ducolax) **tablets**)

**2 Weeks before your procedure (for gastroscopy component)**

*If you are being tested for H. Pylori Infection*

- Please stop any Proton Pump Inhibitors (PPI's). If anti-acids are needed take over the counter medications such as tums until the procedure is completed. Examples of PPI's: Dexlansoprazole (Dexilant) Lansoprazole (Zoton), Omeprazole (Losec), Pantoprazole (Pantoloc), Esomeprazole (Nexium), Rabeprazole (Pariet).
- Please also avoid any bismuth containing medications, such as Pepto-Bismol
- It is also preferential that you also avoid antibiotics in this time period. If you need to take them please talk to me about this as soon as possible.
- NOTE: The above medications interfere with biopsy testing, particularly for H. Pylori.

*If you are being tested for Celiac disease*

- You will need to be on a gluten containing diet for two weeks prior to your test. You will need to consume at least ½ a slice of gluten-containing bread or one gluten-containing cracker each day

**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 (ex. flax seeds or Metamucil)

**1 Day before your procedure**

Before 8 am – have a very light, fat free, low fibre breakfast (ex. Toast, bagel, waffle)

After your breakfast you may only drink clear fluids. Aim for a minimum of 3 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.

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

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

Next dissolve **one package** of **PegLyte** in **1 litre** of water. You may put this in the fridge to make it taste better.

At **5:00 pm**, drink the **1 litre** of **PegLyte**. Drink 1 glass (250 mL) every 15 minutes until complete.

Next prepare the second litre of **PegLyte** laxative as before - do not drink. Refrigerate if desired.

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**

At **5:00 am**, drink **1 litre** of **PegLyte** (which you had previously prepared). Drink 1 glass (250 mL) every 15 minutes until complete.

If your procedure time is **before 12:00 pm** you should have nothing further by mouth. If your procedure time is **after 12:00 pm** 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.