

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. L70 2B8. Paid Parking is available at the front of the Hospital. Take a ticket at the parking entrance. Pay machines are located at the entrance of the hospital. Go to the Day Surgery Clinic for registration. The procedure will take approximately 30 minutes and an additional 30 minutes for recovery time as needed.

Home Medications on day of procedure:

You should take all your usual morning medications including Aspirin (ASA) with sips of water. EXCEPTION: If you are diabetic, do not take diabetic pills or short-acting insulin ON DAY OF procedure until AFTER the procedure when you are tolerating fluids/food. The NIGHT before the procedure take ½ your usual long-acting insulin.

If you take any of the following non-ASA blood thinners such as Coumadin/warfarin, Eliquis/apixaban, Pradaxa/dabigatran, Xarelto/rivaroxaban, Plavix/clopidogrel, Brilinta/ticagrelor, Aggrenox/dipyridamole, Ticlid/ticlopedine, Effient/prasugrel please notify your surgeon and they will provide instructions.

Other Instructions:

What to bring to your procedure:

Consent Form, Pre-op Surgical Questionnaire, List of home medications, Health Card. Reusable bag for your belongings.

After your procedure:

After the procedure you will be awake once the immediate effects of the sedation wear off, usually in 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 sedative 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 your 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:

If you have a recent history of congestive heart failure (CHF), cirrhosis, or kidney disease, please use the Bi-Peglyte preparation, or contact your surgeon for more information.

Kleanlyte Instructions



Scan this QR code with the camera on your phone for a short video on prepping for your colonoscopy with KleanLyte, or use this link:
<https://www.youtube.com/watch?v=Kx8PEHteS3s&t=3s>

1 Box of Kleanlyte (box contains one measuring cup plus 2 liquid bottles of undiluted Kleanlyte)
This can be purchased at any pharmacy or from our office. Prescriptions are not needed.

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, consomme/broth, Jell-O, white grape/cranberry juice, black tea (without milk), ginger ale, soda water and coconut 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 coloured red, purple or blue.

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

At **5:00pm** on the evening before the procedure, start your first dose of Kleanlyte.

- Pour the contents of one of the bottles of Kleanlyte into the provided measuring cup.
- Fill the remainder of the cup with water, to the red fill line, and drink the entire amount.
- Over the next hour, you must fill the cup to the red fill line with water, two more times, and drink both containers of water. **DO NOT SKIP THIS STEP**

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

You are still on clear fluids only. No solid food until after your procedure.

Beginning at _____AM (5 hours prior to procedure time) repeat what you did last night with the second bottle of Kleanlyte

- Pour the contents of one of the bottles of Kleanlyte into the provided measuring cup.
- Fill the remainder of the cup with water, to the red fill line, and drink the entire amount.
- Over the next hour, you must fill the cup to the red fill line with water, two more times, and drink both containers of water. **DO NOT SKIP THIS STEP**

The more you drink, the more effective the preparation will be. Drink plenty of clear fluids **up until the 4-hour cutoff** then no fluids at all (example Procedure Time: 8am, then cut-off 4am)

The prep is successful if your stool is clear and pale yellow in colour, with no solid stool. If unsure, do NOT cancel your procedure yourself - call the office or come to your appointment.

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.