

Getting Ready For your Colonoscopy Bowel Preparation Instructions

Your Colonoscopy Test Date is: _____

Colonoscopy Preparation (getting ready up to 5 days before your procedure)

- If you are taking Plavix: stop taking Plavix **5 days** prior to your procedure
- Starting 4 days before your test, avoid high fibre foods and food with lots of seeds (ie. Corn, sesame seeds, sunflower seeds etc). These types of foods can clog the scope and make visualization of your bowel more difficult.

Several Days Before your Test

You will need to purchase the following items:

- 1) One box of Bi-Peg Lyte Bowel Prep Kit. (2 pouches of Peg Lyte and 3 Bisacodyl pills) from your local pharmacy.
- 2) Clear drinks/soups that you like, some examples include:
 - Sports drinks such as Gatorade or PowerAde, Clear pulp free juices (apple, white grape, white cranberry, lemonade) (**Note:** pulp free orange juice is not a clear fluid), water Kool-Aid, ice tea, popsicles made from juice, Jello, gingerale, 7 up, sprite
 - Do not buy any drinks, Popsicles or Jell-O that are **red**, or contain **red** dye. Red coloring stains the bowel and creates a blood appearance in the bowel
- 3) Zinc oxide ointment and baby wipes (optional helps reduce anal irritation)
- 4) Gingerale and Gravol (optional). The prep may make some people feel sick to your stomach; you can take 25 or 50 mg of Gravol every 4 to 6 hours if needed.

Preparing the Bowel: The day before your procedure

1. Drink **only** clear fluids! Solid foods, milk or milk products are not allowed until after your test is done so tea and coffee need to be free from milk or milk substitutes, sugar is ok
2. At **1200 noon** take 2 Bisacodyl pills with water (do not chew or crush the tablets)
3. Dissolve the entire contents of one packet of Peg Lyte powder in 1 litre of water and mix well. You can put this in the fridge to make it taste better.
4. At **5:00 p.m.** take the third Bisacodyl pill and start to drink approximately 1 glass of the Peg Lyte mixture every 15 minutes (approximately 4 glasses in an hour), until you have finished the first litre.
5. Mix the second packet of Peg Lyte, as in step 3 above.
6. **5 to 6 hours** before your test: Drink the second litre of Peg Lyte. Depending on the test time this may be difficult. We recommend waking up 5 to 6 hours before the test to take the second litre. If you can't do that, drink the second litre of Peg Lyte at 10 p.m. (approximately 4 glasses in an hour)

Note:

After you drink each litre of Peg Lyte, you need to drink enough clear fluids to prevent dehydration. You will have many watery bowel movements and some cramps. Onset of the bowel movements will vary and can range from 30 minutes to 4-5 hours. Although very rare, you might have a severe reaction while you prepare for your test. If you have severe pain in your

stomach, vomiting that won't stop, feel like fainting or have fainted, please call 911.

Day of the Procedure

- The bowel preparation must be finished at least 4 hours before your procedure.
- You may have clear fluids until 6AM.
- Do not take anything by mouth (including candy or gum) after this time.
- Necessary medication is the only exception and can be taken with a sip of water (especially any blood pressure or cardiac medicine).

Medications

- Stop Plavix **5 days** prior to your procedure
- If you are a diabetic **do not** take your diabetic medication the day of the procedure.
- Cardiac medication and high blood pressure medication can be taken with sips of water
- If you are allergic to any drugs let staff know on arrival.
- Notify staff of any of the following: you are taking any blood-thinners (for example, Coumadin, Pradax, Xarelto, Eliquis), diabetes medication such as insulin or oral hypoglycemics, if you require a CPAP machine, or if you have any serious medical conditions

Arrival for your Procedure

- Bring your health card to your procedure.
- Remove all jewellery. Leave jewelry and valuables at home.
- Pembroke Regional Hospital is a scent-free facility; do not wear scented products.
- On arrival report to the Admitting and Patient Registration Office, Located in Tower A Ground Floor, Room 2. (you do not need to see the Emergency Triage nurse)
- After registration, take the elevator to the 3rd floor Tower A, Surgical Unit and report to the desk straight ahead.
- Staff will direct you to the waiting area and an intake nurse will meet you and verify and assist to prepare you for your test. Your procedure will take place in the Endoscopy Suite (Tower A 3rd Floor)

After your Procedure

- Make arrangements to have someone drive you home from Pembroke Regional Hospital. Your procedure may be cancelled if you have not arranged transportation
- Have your designated driver proceed to Tower A 3rd floor surgical, they will pick up the phone labelled "**Endoscopy/Urology Clinic Phone Line**" located on the wall straight ahead to the right across from the elevators to notify the endoscopy nurse of arrival.

You are considered legally impaired for 24 hours after the test because you have had a sedative (the drug that makes you feel sleepy). You MUST NOT drive for 24 hours. We reserve the right to notify the police if it is believed a patient is driving impaired.

Cancellation Procedure

If you need to cancel your procedure please contact your physician at least one week in advance, this allows someone else in need of the procedure to be scheduled. If you cancel with less than 5 working days' notice, or if you do not show up, the procedure will not be rebooked without a new referral from your family physician.