

PREPARING FOR YOUR COLONOSCOPY with PEG LAXATIVE

DATE & TIME OF COLONOSCOPY: _____ **ARRIVE @:** _____

Location: _____

Physician: _____ **Booking Clerk/ Administrator:** _____

Please take the time to carefully read these instructions well before the date of your test.

- You will NOT be permitted to drive yourself home after the procedure.
- You MUST be accompanied home by a responsible adult and you will not be permitted to take alternate transportation (taxi, bus). If on the day of the test you do not have a ride home, the procedure may be cancelled.
- Waiting lists for colonoscopy are long. Cancelling an appointment without sufficient notice prevents booking other patients into that appointment. If you need to cancel or reschedule your appointment, this must be done ONE WEEK PRIOR to your appointment.

MEDICATIONS TO BE STOPPED OR CHANGED BEFORE PROCEDURE

As per physicians orders *If you were not instructed about these medications, you must call your nurse/ doctor's office for instruction*

- Anticoagulation _____
 Diabetic meds _____
 ASA/ Clopidogrel _____
 Iron tablets _____
 Allergies _____

You SHOULD take any required medications the day of the preparation and the day of the procedure with sips of water, unless otherwise instructed. Please let the nurse/ doctor know if there are ANY NEW MEDICATIONS you have started.

COLONOSCOPY PREPARATION

PICK UP FROM PHARMACY <ul style="list-style-type: none"> ✓ One 4-Litre jug of PEG laxative (Colyte, PEG-lyte, or GOLITELY) ✓ Zinc ointment for the bottom (optional) 	<ul style="list-style-type: none"> ✓ Baby Wipes (optional) ✓ Clear fluids of your choice – NO RED BEVERAGES
ACCEPTABLE CLEAR FLUIDS	
<ul style="list-style-type: none"> ▪ Sports drinks – PowerAde or Gatorade (NOT RED OR PURPLE) ▪ Clear pulp-free fruit juices (apple, white grape, white cranberry, lemonade) ▪ Jello (yellow or orange) 	<ul style="list-style-type: none"> ▪ Water, Kool-aide, iced tea, popsicles, Ginger ale, 7-UP, Sprite ▪ Clear broth or bouillon ▪ Coffee or tea WITHOUT CREAMER

DIET

Eat a **low fibre diet for 3 days** prior to your colonoscopy and for breakfast on the PREP DAY. Do not eat nuts, popcorn, kiwis or foods with seeds. Avoid raw fruits/ vegetables, whole wheat or high fibre bread and avoid fibre supplements, such as Metamucil.

MORNING PROCEDURE

DAY BEFORE YOUR COLONOSCOPY (PREPARATION DAY) Date: _____

1. You can drink **ONLY CLEAR FLUIDS THE DAY OF THE PREPARATION** after a low fibre breakfast. You can eat a LOW FIBER BREAKFAST, and then NO solid foods, milk, or dairy products allowed after breakfast until after the colonoscopy is completed.

1. **At 12 noon drink 2 litres of PEG laxative within 2 hours** – an 8 oz (240ml) glass every 10 minutes. Chilling the PEG laxative makes it more pleasant to drink.
2. **At 8 PM drink the remaining 2 litres of PEG laxative within 2 hours.**
3. After drinking each 2 litres of PEG laxative, it is important to continue to drink clear fluids to prevent dehydration. A carbohydrate/electrolyte drink like Powerade/Gatorade is preferred. Symptoms of dehydration include weakness, dizziness and/or feeling light-headed. Dehydration can increase your chance of fainting or falling. Having a responsible adult with you or available to you during bowel preparation time period is preferable.

DAY OF YOUR COLONOSCOPY Date: _____

You can drink clear fluids or take any required medications until: _____

Take any prescribed medications, unless instructed to stop them.

For Colonoscopy stop drinking clear fluids 2 hours before you arrive for colonoscopy. Please stop 4 hours before if you are having a gastroscopy as well. Stop at: _____

AFTERNOON PROCEDURE (1pm or later)

PREPARATION DAY Date: _____

1. You can **ONLY DRINK CLEAR FLUIDS** after a low fibre breakfast. NO solid foods, milk, or dairy products allowed (after a light breakfast) until after the colonoscopy is completed. Prepare the PEG laxative (Colyte, GoLately or PEGlyte) as per instructions.
2. **At 6 PM drink 2 litres of PEG laxative within 2 hours-** an 8 oz (240ml) glass every 10 minutes. Chilling the PEG laxative enhances the tolerability.
3. After drinking each 2 litres of PEG laxative, it is important to continue to drink clear fluids to prevent dehydration. Again a carbohydrate/electrolyte drink like Powerade/Gatorade or broth is preferred.

COLONOSCOPY PROCEDURE DAY Date: _____

1. At 6am drink the remaining 2 litres of PEG laxative within 2 hours.

2. Drink clear fluids or take any required medications until 2 hours before your procedure. If you are having a gastroscopy as well, you must stop drinking 4 hours before the procedure. **Stop drinking at:**_____

The most important thing you can do to ensure the success of your colonoscopy is to properly prepare for the test. The large bowel must be cleaned out to allow for thorough examination of the bowel wall and therefore, detection of any abnormalities. An excellent bowel preparation improves the quality and the safety of the test. A poor bowel preparation increases the risk of missing significant abnormalities such as cancers or polyps and it increases the risk of complications. It may also result in the need to repeat the test.

PEG-based laxatives are sold under different names (Colyte®, Peglyte®, Halflytely® and Golytely®). These are powerful laxatives that cause diarrhea. Individual responses to PEG vary so you may begin to have bowel movements within one hour or it may take up to 4 hours.

If you experience nausea (feeling of sickness) you may try drinking ginger-ale, taking a 30min break from drinking the prep or you may purchase Gravol® (without a prescription) at the pharmacy.