

COLONOSCOPY INSTRUCTIONS: PEGLYTE PREP (2L/2L Split Dose)

The clinic is located at the **northwest corner of Hwy 7 and Pine Valley Drive**. Our medical building is at the far west end of the parking lot. **Please arrive 20 minutes before your procedure.** Ensure that you have arrangements to be driven home, as you **cannot drive for 12 hours** after your procedure. If planning to take a **taxi home from the clinic you must be accompanied by a responsible adult** otherwise the procedure will be cancelled or performed without sedation. There is a **\$60 block fee** for uninsured services (those not covered by OHIP) payable the day of your procedure (see website for more details or obtain a list of individual service fees from the clinic). Please leave jewellery at home and refrain from using perfume/ cologne. Wear comfortable clothing and no high heels since your gait may be unsteady.

Medication: Bring a list of your current medications or the actual pill bottles to your appointment. **You should take ALL your usual morning medications with a sip of water** (except diabetic pills, blood thinners, and iron). Do not take diabetic pills on the day of bowel preparation or on the day of the procedure until after you arrive home from the clinic. Check your blood sugar more frequently. Drink apple juice if your sugars are low. If you are on insulin please notify the clinic. You can take acetaminophen (Tylenol) for headaches but not aspirin. Take Gravol if nauseous.

Missed Appointment: A missed appointment fee of \$150 will be charged if **72 hours notice** is not given.

3 Days before your Colonoscopy: **Do not eat any foods that are high in fiber and stop all fiber supplements.** For example: no brown bread or brown rice; no bran, flaxseed, lentils, beans, or raw vegetables; no corn, nuts, seeds or fruits with seeds; no Metamucil or other fiber supplements. **Stop iron pills until after the test.**

Acceptable Clear Fluids: Consommé/broth, yellow or green Jell-O, water, apple juice, white grape juice, black tea/coffee (without milk), ginger ale, soda water, sports drinks like Gatorade or Powerade (any colour except red, purple or orange). **Sports drinks are strongly recommended** because they contain electrolytes which will prevent light headedness.

Bowel Preparation: At least 2 days before your test purchase from your local pharmacy **Peglyte and Dulcolax**. These laxatives are available without a prescription. Follow instructions below not those on the package.

(Colyte or other 4 L PEG based product may be substituted for PegLyte)

INSTRUCTIONS

Day Before Colonoscopy Procedure:

- **If you have a morning appointment: Before 10 a.m.** you may have a light, low fiber breakfast (for example: eggs, white toast, seedless yogurt) on the day before the colonoscopy. This is your LAST solid meal until after your procedure.
- **If you have an afternoon appointment: Before 12 p.m.** you may eat a light low fiber meal. (for example: eggs, white toast, seedless yogurt) on the day before the colonoscopy. This is your LAST solid meal until after your procedure.
- **Drink lots of Clear fluids throughout the day** – see list above. It is important to keep hydrated.
- **Before 3 p.m. take 2 tablets of Dulcolax** (this medication does not prevent you from going to work).
- Dissolve the contents of the sachet(s) of Peglyte in water - 280 g of powder in 4 litres of water (16 cups). Mix rapidly until dissolved. Refrigerate until ready to drink in the evening (tastes better cold)
- **At 7 p.m. drink 2 litres** of the Peglyte/Colyte preparation (save 2 litres for next day). Rapidly drink a cup (250 mL) every 15 minutes over the next 2 hours. **PUT THE REMAINING 2 LITRES IN THE FRIDGE OVERNIGHT TO BE TAKEN THE NEXT MORNING.** You will likely have a watery bowel movement within 1 hour.

Day of Colonoscopy Procedure:

- **FOUR TO FIVE HOURS BEFORE YOUR SCHEDULED PROCEDURE** drink the remaining 2 litres (8 cups) of Peglyte/Colyte solution within 2 hours (one cup every 15 minutes until finished). **Ensure you have completed drinking everything at least two hours before your test.**
- For example for an 8:00 a.m. appointment, start to drink the Peglyte/Colyte at or before 4:00 a.m., ensuring you are finished drinking the 2 litres by 6:00 a.m.
- **Stop drinking any liquid 2 hours before test**, other than very small sips of water.

The above process will trigger frequent bowel movements and should result in yellow tinged liquid stool at the end of the prep. It is very important that you follow these instructions as specified otherwise your colon may not be clean enough and the doctor may ask you to repeat the colonoscopy. A poor bowel prep may result in lesions being missed.