



Your Colonoscopy test date is: _____

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

- Remove all jewellery/piercings and leave it, along with any valuables, at home. Procedure **cannot** be done with jewellery/piercings on and you will be cancelled.
- Remove nail polish on at least one hand prior to procedure
- Starting 4 days before your test, avoid high fibre foods and foods with lots of seeds (e.g. 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:

- One box of Bi-Peg Lyte Bowel Prep Kit (2 pouches of Peg Lyte and 3 Bisacodyl pills) from your local pharmacy.
- 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, iced tea, popsicles made from juice, Jell-O, Gingerale, 7-up, Sprite
 - Do not buy any drinks, popsicles, or Jello-O that are **red** or contain **red dye**. Red colouring stains the bowel and creates a blood appearance in the bowel.
- Zinc oxide ointment and baby wipes (optional – helps reduce anal irritation).
- Gingerale and Gravol (optional). The prep may make you feel sick to your stomach. You can take 25 or 50mg of Gravol every 4 to 6 hours if needed.
- Purchase one container of simethicone (Gas-X or generic) 125mg tablets.

Preparing the Bowel: The Day Before Your Procedure

- Drink clear fluids **only**! 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.
- At **12:00 p.m.**, take 2 Bisacodyl pills with water (do not chew or crush the tablets).
- 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.

- At **5:00 p.m.**, take the third Bisacodyl pill and start to drink approximately one glass of the Peg Lyte mixture every 15 minutes (approximately 4 glasses in an hour) until you have finished the first litre.
- Mix the second packet of Peg Lyte as in step 3 above.
- **Five to 6 hours** before your test, take 2 tablets of simethicone (Gas-X or generic), drink the second litre of Peg Lyte and then take another 2 tablets of simethicone (Gas-X or generic). 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 cannot do that, drink the second litre of Peg Lyte at 10:00 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, or if you 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 6:00 a.m.
- Do not take anything by mouth (including candy or gum) after this time.
- Necessary medication is the only exception (especially any blood pressure or cardiac medicine) and can be taken with a sip of water. (See below for more specifics)

Medications

- Stop Plavix **5 days** prior to your procedure.
- If you are taking blood thinners (eg. Coumadin, Pradax, Xarelto, and Eliquis) these need to be held at least 2 days or as instructed by your surgeon.
- If you are diabetic, **do not** take your diabetic medication the day of your procedure.
- Heart medications and high blood pressure medications can be taken with sips of water.
- If you are allergic to any drugs, let staff know upon arrival.
- If you require puffers, such as Ventolin, these can be taken the morning of.

Arrival for Your Procedure

- Bring the name and number of the person picking you up.
- Bring a list of your medications.
- Bring your health card with you.
- Do not wear scented products. Pembroke Regional Hospital is a scent-free facility.
- Arrive to Tower A **1.5 hours** prior to your procedure. Registration is on Tower A, 3rd Floor. Registration desk opens at **7AM**.

After Your Procedure

- Make arrangements to have someone that is able to come up to get you and drive you home from the hospital. Your procedure may be cancelled if you have not arranged transportation.
- Have your designated driver proceed to Tower A entrance. You will be returned to the entrance by PRH staff to meet your driver.

Note: You are considered legally impaired for 24 hours after the test because you have had a sedative (the drug that makes you 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.