

Preparing for your Colonoscopy – Peg Based Prep - Appointment at 10:00 am or Later

Please take the time to carefully read information and instructions well before the date of your procedure

****Date of Colonoscopy: _____ Time: _____ Arrive @ _____ Physician: _____

Location: Peter Lougheed Hospital GI Endoscopy Unit – Main Floor outpatient area

If you need to cancel or reschedule your appointment, please do so at least one week before your appointment date. If appointments are not cancelled, it prevents the physician from booking another patient. This contributes to the long waitlist time. Every effort will be made to keep your appointment at the scheduled time, but unexpected delays may occur. We give each patient the attention needed for his or her procedure.

WHAT TO KNOW

You are booked for a colonoscopy. A colonoscopy is a procedure to examine your lower gastrointestinal tract and to plan any treatment you may need. The procedure takes about 20-30 minutes and you will be given procedural sedation through an intravenous. The goal of the sedation is to help you relax and keep you comfortable. You may not be fully asleep during the procedure.

It is very important to follow the instructions to clean out your large bowel for the colonoscopy. Excellent bowel preparation allows the test to be done more easily and safely. A poor bowel preparation increases the risk of missing significant problems and increases the risk of complications. It may result in having to have the test repeated.

Buy Colyte (a PEG-based laxative) from any pharmacy.

- The surgeon must be made aware of the medications you are taking. Some of the medications you are taking can interfere with the preparation or the safety of your procedure. Some medications may have to be adjusted or stopped. **Please contact your family doctor or prescribing physician's office for additional instruction if you are on Blood thinners or Diabetic medications. Stop taking iron pills 7 days before your colonoscopy.**
- Bring your medications or a list of your medications with you to your appointment.
- Take any prescription medications with a sip of water the day of your procedure.
- Bring your Alberta Health Care card and photo identification with you (example – Driver's License).
- Staff will need to ask you questions and give you information before and after the test, so it is important to have a reliable adult with you to ensure the information is understood. A translator will be utilized.
- Lockers are available for your belongings. You may bring reading material to enjoy in case you have to wait.
- Please do not wear perfumes, colognes, strong scented lotions and hygiene products.

- **YOU MUST NOT DRIVE YOURSELF HOME AFTER THE PROCEDURE.**
- **YOU ARE NOT ALLOWED TO DRIVE UNTIL THE DAY AFTER YOUR PROCEDURE IF YOU HAD RECEIVED SEDATION.**
- **YOU CANNOT TAKE BUS OR C TRAIN ALONE AFTER THE PROCEDURE IF YOU HAD RECEIVED SEDATION.**
- **FOR YOUR SAFETY, IT IS STRONGLY RECOMMENDED THAT YOU PLEASE ARRANGE FOR A RIDE HOME.**
- **YOU CAN EXPECT TO BE AT YOUR APPOINTMENT FOR APPROXIMATELY 2-3 HOURS.**
- **IF YOU CANNOT GET A RIDE HOME, PLEASE ARRANGE FOR SOMEONE TO BE WITH YOU ON PUBLIC TRANSIT.**
- **CONTACT THE OFFICE @ 403-264-6720 Ext 7 IF YOU HAVE ANY QUESTIONS REGARDING THIS INFORMATION.**

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****** 4 Days Before your Colonoscopy, Start a Low Fiber Diet:** _____

Category	Ok to Eat	Avoid
Meat/Fish	Most	Salami, Sausages, Meat with casing
Vegetables	Well-cooked	Anything raw, All Corn, Tomato Seeds
Fruit	Canned	All other fruit
Bread	Plain White Bread/Bagels/Buns	Whole grain, Sesame Seeds, Flax
Pasta/Grains/Rice	White Pasta and Rice	Whole Wheat (Brown), Quinoa, Wild Rice, Multigrain
Snacks	Ice Cream, Plain Cakes/Cookies, Hard Candy, Pretzels, Chocolate, Vanilla Wafers	Popcorn, Nuts, Seeds, Salsa
Cereal	Puffed Rice Cereal	Oatmeal, Cream of Wheat, Crispy Cereals including Rice Krispies and
Dairy	Most	Fruited yogurt
Meat Alternates	Tofu, Smooth Nut Butters, Eggs	Beans, Lentils, Peas, Chunky Nut Butters

******The Day Before your Colonoscopy:** _____

After a light breakfast, begin the Clear Fluid diet.

Prepare the Colyte according to the instructions on the bottle.

Hint: To make it more tolerable, it is recommended to refrigerate before drinking it. Do this early in the morning.

Ok to drink	Avoid
Powerade or Gatorade	Red in color
Coconut Water	Pulp
Apple Juice, White Grape or White Cranberry Juice	Juice with pulp, Orange Juice
Kool-Aid, Iced Tea, Lemonade	
Ginger Ale, 7-Up, Sprite	
Jell-O, Popsicles	Red in color
Tea & Coffee	No milk or milk substitutes
Clear Broths	

******At 6 PM, drink 2 liters of the prepared Colyte over 4 hours – a 250 ml (8 oz) glass every 10-15 minutes.**

After drinking the Colyte, it is very important to continue to drink adequate amounts of clear fluids to prevent dehydration and help the purge.

******Day of Colonoscopy:** _____

******At 6 AM, drink the remaining 2 liters of Colyte within 2 hours.**

You can drink clear fluids, except tea or coffee, until 2 hours before your test. Within 2 hours of the test, any required Medication can be taken with a sip of water.

****** Stop drinking at:** _____