

## COLONOSCOPY

### 4L COLYTE/PEGLYTE PREPARATION & INSTRUCTIONS

Date of Procedure: \_\_\_\_\_

Arrival Time: \_\_\_\_\_

Procedure Time: \_\_\_\_\_

#### Location:

Oakville Trafalgar Memorial Hospital  
3001 Hospital Gate, Oakville, ON  
L6M 0L8

Ambulatory Procedures Unit  
(Take Center Elevators to Level 2, then  
proceed to G Area)

Bring your Ontario Health Card.

G.I. Health Centre  
1960 Appleby Line, Suite 32  
Burlington, Ontario  
L7L 0B7

Corner of Appleby & Upper Middle  
Rd.

Bring your Ontario Health Card.

#### **Cancellation**

If you fail to show up for your procedure, reschedule or cancel within 14 days of your confirmed procedure date you will be charged a cancellation fee of \$250.00

#### **Sedation**

You will be sedated for this procedure. You will need to make arrangements for someone to accompany you. You are not allowed to drive home or to take a taxi unaccompanied. **If you have not made arrangements to be accompanied home, your procedure will be cancelled and you will have to reschedule it for another day. There are no exceptions.**

### **Medication**

Continue taking all of your prescribed medications, including Aspirin. **If you take any of the following non-ASA blood thinners** Coumadin/warfarin, Eliquis/apixaban, Pradaxa/dabigatran, Xarelto/rivaroxaban, Plavix/clopidogrel, Brilinta/ticagrelor, Aggrenox/dipyridamole, Ticlid/ticlopedine, Effient/prasugrel **please notify your doctor and they will provide instructions.**

### **Bowel Preparation**

- 1 x 4L plastic bottle/jug of CoLyte® or PegLyte®
- 3 bisacodyle tablets (such as Dulcolax®)

These can be purchased at any pharmacy. Prescriptions are not needed.

#### **7 Days before the procedure:**

Stop taking fibre supplements (Flax seeds, Metamucil®, Benefibre®, etc)

#### **3 Days before the procedure:**

No Nuts, Seeds or Whole Grain breads

#### **1 Day before the procedure:**

You will not eat today. You will be on a liquid diet until your colonoscopy is completed.

Throughout the day, drink a minimum of **4 litres** of clear fluids. **Do not drink only water.**

**Clear Fluids include:** water, apple juice, white cranberry juice, white grape juice, gingerale, chicken or beef broth (or other clear broth), tea (without milk – sugar is fine), Gatorade, Jello.

Do not drink coffee, dairy products or anything coloured red or purple or blue. Try to avoid dark coloured beverages. Yellow and Green are the safest options.

**Diabetic patients:** continue your medications and take 1 meal replacement (such as Glucerna® or Resource®) at each meal time during your preparation today.

At **12:00pm** mix the solution of CoLyte® or PegLyte®. Fill jug with water to the fill line. You may add powder/crystal flavouring. Do not add ice or other fluid. Refrigerate solution once mixed (this will make it easier to drink).

At **1:00pm** take 2 bisacodyl tablets

At **5:00pm** start to drink the solution. Drink 1 glass (250 ml) every 15 minutes, resting between doses. Continue drinking until **half the solution (2L) is gone**.

Drink a minimum of 2 litres of clear fluids over the next 3-4 hours – more is better, if possible.

Your bowels will usually start to move within 1 hour, producing a series of watery bowel movements.

This preparation will give you diarrhea type bowel movements as the intention is to clear out your bowels for the exam. Try to get a good night's sleep.

**\*\*The more you drink the more effective the preparation will be\*\***

#### Day of the procedure:

**4½ hours before the appointment time** – take 1 bisacodyl tablet.

**4 hours before the appointment time** – drink the rest of the Colyte® or PegLyte® solution at the same rate as before, 1 glass (250 ml) every 15 minutes.

Continue to drink as much clear fluids as you can, from the time you wake up until 2 hours before the procedure.

**Diabetic patients:** if you want to take a meal replacement you have to take it **6 hours** prior to your procedure.

**DO NOT EAT OR DRINK ANYTHING 2 HOURS BEFORE THE PROCEDURE.**

By this point, if you have been drinking enough water, your stool will be clear and pale yellow in colour, with no solids.

**After the procedure:**

Resume your normal diet and activity.

It is not uncommon to feel gas cramps for a short while. Moving around will help expel the gas.

If, after you get home, you have severe abdominal pain (worse than when you were in the hospital) or excessive bleeding from your rectum, you should go directly to your nearest Emergency department.

You will receive post-colonoscopy instructions after your procedure is completed including preliminary findings, as well as instructions on when to schedule your follow up appointment.

Updated Sept 12, 2019.