

## COLONOSCOPY & GASTROSCOPY PREPARATION INSTRUCTIONS

PLEASE REPORT DIRECTLY TO THE 3<sup>RD</sup> FLOOR ENDOSCOPY UNIT AT THE THUNDER BAY REGIONAL HEALTH SCIENCES CENTRE AT THE TIME INDICATED BELOW.

DATE: \_\_\_\_\_ TIME: \_\_\_\_\_

### GENERAL INSTRUCTIONS:

- Bring your health card. Do not wear jewelry of any kind to your appointment. Do not bring a significant amount of money, valuables, etc.
- You will be asked to sign a consent form prior to your procedure to indicate your permission for the doctor to do the colonoscopy and gastroscopy.
- **You must arrange for someone to drive you to and from the hospital** on the day of your colonoscopy and gastroscopy. You cannot drive and you should not take public transport. A companion should accompany you.

### DO YOU HAVE DIABETES?

- If you take pills (oral hypoglycemic agents) to control your blood sugar, **DO NOT take these the morning of the procedure.** You can take them after your colonoscopy and gastroscopy with your first meal.
- If you take intermediate or long acting insulin at night or in the morning, take only ½ (half) the number of units you normally would take.
- **Do not take immediate or short-acting insulin on the morning of your procedure.** You can take them after your colonoscopy and gastroscopy with your first meal.

**It is very important that you read these instructions carefully.** Your colon must be very clear of any stool or food waste so the colon walls can be seen clearly by the doctor. You will need to take a special preparation to clean out your colon.

### BOWEL PREPERATION INSTRUCTIONS:

To prepare for a colonoscopy and gastroscopy you must purchase and take a preparation.

1. One 4 litre jug of PegLyte (also called GoLyte, Colyte, KleanPrep)
2. Four 5mg Bisacodyl (Dulcolax) tablets.

Bring your prescription with you to the pharmacy and ask your pharmacist for assistance to find these preparations. They generally cost \$30.00 if not covered by your drug plan.

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7 Days before your Colonoscopy and gastroscopy	<b>DO NOT eat any foods that have small grains, seeds or nuts</b> (ie: kiwi, strawberries, tomatoes, poppy/flax/sesame seeds, popcorn). Small seeds can block the colonoscope. Regular cereal and whole wheat bread can still be eaten. Maintain an otherwise normal diet.
	<b>DO NOT</b> take any herbal supplements, iron pills or vitamins.
	<b>Remember that blood thinners and anti-inflammatory medications may need to be stopped</b> prior to your procedure, speak with your surgeon for further instructions
	<b>Continue taking your usual medication</b> (unless otherwise specified) in your usual routine.
2 Days before your Colonoscopy and gastroscopy	Do not consume milk, vegetables or fruit after 12:00 noon.
	At 6:00 pm take two 5mg of BISACODYL (Dulcolax©) tablets (10mg total).
1 Day before your Colonoscopy and gastroscopy	<b>CLEAR FLUIDS ONLY</b> starting in the morning. This includes jello, <u>clear</u> soup broth, pulp-free clear fruit juice, soda pop, clear tea or coffee, Gatorade, Powerade etc. Avoid red or purpled colored fluid.
	<b>DO NOT</b> take any solid food, milk or cream product or juice with pulp.
	At 3:00 pm take two 5mg of BISACODYL (Dulcolax©) tablets (10mg total).
	At 5:00pm drink 3 litres of PEGLYTE. (approximately 1 glass every 10-15 minutes).
Day of Colonoscopy and gastroscopy	If your arrival time at the hospital is before 11:00am, you will need to get up early. At 5:00 am and drink the remaining 1 litre of PEGLYTE.
	If your arrival time at the hospital is at or after 11:00am, at 7:00am drink the remaining 1 litre of PEGLYTE.
	If your scope is in the afternoon, you may take your usual medication with a <b>sip</b> of water only.

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### AFTER YOUR PROCEDURE:

You will receive medication during your colonoscopy and gastroscopy to make you drowsy. When discharged from the hospital the sedation will be partially worn off. However, the sedation will continue to have an effect on you for 24 hours.

It is important that you:

- Have someone take you home and stay with you overnight.
- Know that you may feel dizzy for several hours.
- DO NOT smoke for several hours.
- DO NOT drink any alcohol or take any additional sedatives.
- DO NOT drive, ride on a motorcycle or bicycle, operate machinery, or make legally-binding decisions. You are considered 'legally impaired'.

**IF YOU ARE UNABLE TO ATTEND YOUR APPOINTMENT OR NEED TO  
RESCHEDULE, PLEASE CONTACT YOUR SURGEON'S OFFICE 1 WEEK PRIOR  
OR A FEE MAY APPLY.**