

The NEW



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Colonoscopy BiPegLyte Preparation Morning Appointment

What is a colonoscopy?

Colonoscopy is a procedure that allows a doctor to see inside your colon for any abnormalities. A colonoscope is a long flexible tube with a light at the end that is connected to a video monitor. You will also be given a medication that will relax you and may make you sleepy. The tube will then be passed through your colon where your doctor will look at the lining of your colon and rectum. Samples of tissue may be taken and/or polyps may be removed.

What do I need to know about my appointment?

****It is very important to follow the directions below or your appointment may be cancelled****

- You must have a friend or family member drive you to and from the clinic the day of your colonoscopy. The person driving you home must pick you up from the endoscopy clinic.
 - You will be asked to give the name and telephone number of the person driving you home from the endoscopy clinic. This is for your safety.
 - Do not drive, operate hazardous machinery or drink alcohol for 24 hours after as you will be receiving medications that can make you sleepy.
- Bring your health card and an identification card with your photo on it, like a driver's license.
- Do not wear perfume, cologne, or scented creams as some staff and patients are highly allergic.
- Leave all of your valuables, such as jewellery or money at home.
- Wear comfortable clothing and shoes to your appointment.
- Bring a list of all medications you are taking. These include prescription medications and over the counter medications.
- Come 30 minutes before your appointment.
 - If you must cancel your appointment, you need to call the clinic 72 hours before your appointment.

How do I get ready for my colonoscopy?

It is important to tell your doctor about any blood thinners, iron medications and diabetic medications that you are taking before your procedure. **You may need to stop taking some of your medications.**

Only follow these instructions. Do not follow instructions from any other source, including those that come with the preparation that you purchased.

One week before your test:

Stop eating corn, popcorn nuts or seeds, including kiwi, raspberries, strawberries, tomatoes, poppy seeds, flax seeds and sesame seeds, or taking fibre supplements such as Metamucil®.

Stop taking your iron medications and Aspirin. If you are on any other type of blood thinner or diabetes medication, please call the clinic to receive further instructions.

The Day before your test:

Only drink clear fluids do not eat any solid food. Clear fluids include water, clear broth, clear tea and black coffee, apple juice, white grape juice, white cranberry juice, Gatorade®, Powerade®, Kool-Aid®, ginger ale, 7-Up®, Sprite®, flavoured waters, popsicles and Jell-O. Do not drink red, purple or blue coloured fluids, milk, cream or milk substitutes.

1. At **noon**, take 2 Bisacodyl pills with water. Do not chew or crush the pills.
2. Dissolve the entire contents of one package of BiPeglyte in 1L of water and mix. You can put this in the fridge to make it taste better.
3. At **6:00 pm**, take the third Bisacodyl pill and start to drink about 1 glass of the BiPeglyte laxative every 10 minutes, 4 glasses in about an hour, until you have finished.

4. Prepare the second package as above and put it in the fridge.
You will have many watery bowel movements and some cramping

The Day of your test:

1. **6 hours before your test, drink the second litre of the Bipeglyte.** Drink 1 glass every 10 minutes, 4 glasses in about 1 hour. You may have to get up very early, but it will give the best results.
2. It is important you finish your preparation at least 4 hours prior to your scheduled procedure time.
3. Take your usual medications with a sip of water, especially your blood pressure and cardiac medications, except the ones your doctor told you not to take.
Only drink clear fluids **do not eat any solid food.**
4. Stop drinking all fluids 2 hours before your test. This includes no smoking, no candy or chewing gum.

If you are having a gastroscopy in addition to your colonoscopy, stop drinking 4 hours before your appointment time.