

The NEW



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Colonoscopy PEG Preparation Afternoon Appointment

Kleen Prep, Colyte, GoLYTELY or Peglyte

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 your doctor 72 hours before your appointment.

How do I get ready for my colonoscopy?

It is important to tell your doctor and the clinic 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. Your doctor will tell you when you should stop taking certain medications.**

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 one week prior the test.

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**, mix one package in 1L of water. You can put this in the fridge to make it taste better.
 2. At **6 pm**, drink one full, glass rapidly every 15 minutes until the **entire container is finished**. If you sip small amounts, it will not work as well.
 3. The first bowel movement may start an hour or so after you start drinking the preparation.
 4. Continue with the second package of the laxative, following steps 1 and 2.
 5. It should take about 2 hours to drink the 2 L.
- If you feel nauseated, you may take Gravol®. It is available without a prescription, or you can try sucking on a popsicle, or licking a lemon or lime wedge.
 - You will have many watery bowel movements and some cramping.

The Day of your test:

1. **At 7 am**, repeat steps 1 to 4 above, with the two remaining packages of the laxative.
2. By 9 am, you will have finished taking the remaining 2L of the bowel laxative.
3. Take your usual medications, especially your blood pressure and cardiac medications with a sip of water, except the ones your doctor told you not to take.
4. Only drink clear fluids **do not eat any solid food**.
5. 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.