

Preparing for your Colonoscopy with PEG Laxative

Please take the time to read all of the instructions and information before your procedure carefully; if you have any questions, please contact our office directly.

- We will call you to inform you of the date of your procedure
- Several days before your procedure, the hospital will call to inform you of the time of your Colonoscopy
- The Endoscopy department is located on the 3rd floor of the newer side of the hospital
- Please call (403)529-8815 should you require further assistance with directions
- If you arrive at the hospital entrance, staff will be able to assist you to the right floor

PROPER PREPARATION IS EXTREMELY IMPORTANT FOR THIS TEST.

Please read the instructions carefully days before your test to ensure we can continue with the scheduled appointment. Failure to follow the prep may result in cancellation and needing to rebook the procedure.

- You will not be permitted to drive yourself home after the procedure, as you will be considered legally impaired following the procedure.
 - You **MUST** have a responsible adult driver pick you up from your procedure; you will not be permitted to take public transportation. The procedure may be cancelled if you do not have a ride home.
- If you work, plan to take the day of preparation and procedure off from work.
- You must give **ONE WEEK NOTICE** to cancel your appointment. The waitlist for colonoscopy is long; cancelling the appointment without sufficient notice delays another patient from being able to fill that spot. If insufficient notice given, depending on circumstances you may be discharged from Dr. Stach's care.
- Most people find that they do not have to visit the toilet frequently in the two hours before the procedure. If you have to travel more than one hour, staying somewhere closer to the procedure facility may be best starting the evening before the colonoscopy.
- Dr. Stach will notify you if the office will be arranging a follow-up appointment; additionally, all test reports and consult letters will be sent to your family physician.
- If you experience nausea from the prep, we suggest drinking ginger ale, taking a 30-minute break from drinking the prep, or taking Gravol (Available at any pharmacy).
- If you are diabetic, ensure that you speak with your family physician or Dr. Stach about your use of Insulin or pills for your diabetes on the day of the test.

MEDICATIONS TO BE STOPPED OR CHANGED BEFORE THE PROCEDURE

- ASA (Aspirin) or arthritis medications stop 7 days before the procedure.
- Blood thinners: Coumadin, Lovenox, Plavix stop 5 days before the procedure
- Xarelto or Eliquis stop 3 days before the procedure.
- Diabetes medications may need to be adjusted.

SUPPLIES TO PICK UP IN ADVANCE

- Laxative medication (**Pico-Salax/Colyte/KleanLyte**) can be picked up at the pharmacy
- Zinc ointment and baby wipes (optional)
- Clear Fluids: PowerAde, Gatorade, apple juice, white cranberry or grape juice, lemonade, light-coloured Jello, Kool-Aid, iced tea, ginger ale, 7-up, and chicken or beef broth.

Approved Clear Fluids:

- Gatorade®, Pedialyte® or Powerade®
- Coffee or tea (no milk or non-dairy creamer)
- Carbonated and non-carbonated soft drinks
- Kool-Aid® or other fruit-flavoured drinks
- Apple juice, white cranberry, or white grape juice
- Jell-O® (gelatin) or popsicles
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Not-approved clear fluids:

- Chicken, beef or vegetable broth
- Red or purple items of any kind
- Alcohol
- Milk or non-dairy creamers
- Juice with pulp
- Hard candy
- Any liquid you cannot see through

What to know about Colonoscopy

This is a common procedure performed for many indications.

- Screening for polyps and cancer.
- Diarrhea, bleeding, Chron's, Colitis and others.
- Biopsies

Complications:

Risk is 1 in 2000. Risks include:

- Aspiration
- Bleeding
- Perforation
- Injury to spleen or liver
- Reaction to anesthetic

4 DAYS BEFORE YOUR TEST

Start eating a low-fibre diet 4 days before your colonoscopy. Do NOT eat raw fruits or vegetables, whole wheat, or high-fibre bread, and avoid fibre supplements.

MORNING PROCEDURE

DAY BEFORE YOUR TEST

1. Drink only clear fluids two hours before your test.
2. Eat a low-fibre breakfast and no solid foods or dairy products until after the colonoscopy.
3. Ensure you are near a washroom for the day of the preparation.
4. Prepare the PEG laxative as per instructions.
5. **At 12:00 (noon), drink 2 litres of PEG laxative within 2 hours** – an 8oz glass every 10 minutes until complete. (Cold prep is more pleasant to drink).
6. **At 8:00 pm, drink the remaining 2 litres of PEG laxative within 2 hours.**
7. After drinking both doses of laxatives, it is important to continue with clear fluids. We encourage you to drink clear fluids that contain carbohydrates or electrolytes, such as Powerade, Gatorade or broth. (Your pharmacist can assist with the options available).

DAY OF YOUR TEST

1. You can drink clear fluids or take any required medications **up to 2 hours prior** to the procedure.
 2. Take any prescribed medications **unless** instructed to stop them.
 3. If you have a colonoscopy, stop drinking fluids 2 hours before your test.
 - a. If you are having: a **colonoscopy and gastroscopy**, stop drinking fluids **4 hours prior** to the procedure.
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AFTERNOON PROCEDURE (after 1:00 pm)

DAY BEFORE YOUR TEST

1. Drink only clear fluids until 2 hours before your procedure, or 4 hours if having a gastroscopy as well.
2. Eat a low-fibre breakfast and no solid foods or dairy products until after the colonoscopy.
3. Ensure you are near a washroom for the day of the preparation.
4. Prepare the PEG laxative as per instructions.
5. At 6:00 pm, drink **2 litres** of PEG laxative **within 2 hours** – an 8oz glass every 10 minutes until complete. (Cold prep is more pleasant to drink).
6. After drinking both doses of laxatives, it is important to continue with clear fluids. We encourage you to drink clear fluids that contain carbohydrates or electrolytes, such as Powerade, Gatorade or broth. (Your pharmacist can assist with the options available).

DAY OF YOUR TEST

1. At 6:00 am, drink the remaining **2 litres** of PEG laxative within **2 hours of the procedure**.
2. Take any prescribed medications unless instructed to stop them.
3. You can drink clear fluids or take any required medications up until **2 hours prior** to your procedure.
 - If you are having: a **colonoscopy and gastroscopy**, stop drinking fluids **4 hours prior** to the procedure.