

Bowel preparation for your colonoscopy

Read the following instructions carefully, as it is important to have had the right preparation for the procedure. This is the only way to ensure that the physician will be able to visualize properly the interior of the rectum and colon during the procedure.

<u>Golytely/Colyte (or other 4L equivalent)</u>
Product available without prescription at any local pharmacy/drugstore. Remember to read the label for self-preparation.
<p><i>The day prior to the procedure</i></p> <ul style="list-style-type: none"> ○ <u>STRICT LIQUID DIET ALL DAY.</u> (See examples of what is permitted below) ○ <u>Do not ingest anything solid all day</u> ○ Do not limit your intake to water alone ○ Avoid anything that is PURPLE or RED, as it may color the interior of the colon <p><u>WHAT IS PERMITTED?</u></p> <p>Clear fruit juices without pulp (apple, white grape, white cranberry, orange, and grapefruit)</p> <p>Clear broth (chicken, beef, vegetable etc but without noodles or other solid pieces)</p> <p>Clear liquids such as coffee/tea (no milk), Kool-Aid and Gatorade</p> <p>Clear soft drinks such as Ginger Ale and 7 up, Sprite</p> <p>Flavoured ice cubes, popsicles and Jell-O (without fruit or candy pieces)</p> <p>You may also take up to three liquid meal replacements (Ensure, Boost and/or Soy beverages but not chocolate flavor)</p>
<p><i>If your procedure is scheduled at 10 am or earlier</i></p> <ul style="list-style-type: none"> • Drink the entire 4L of Golytely/Colyte solution from 6 pm to 10 pm. One glass (8 oz/250 ml) every 10 minutes until finished. <p><i>If your procedure is scheduled after 10 am</i></p> <ul style="list-style-type: none"> • Drink 2L of the Golytely/Colyte solution from 6 pm to 8 pm. One glass (8 oz/250 ml) every 10 minutes. The remaining 2L should be taken on the day of the procedure between 6am and 8am.
You may drink clear fluids until 4 hours prior to your colonoscopy

Attention:

- It is mandatory that you have an adult accompany you on the day of the procedure. You will not be able to drive or take a taxi/public transport alone after the procedure. This is for safety reasons as your level of alertness may be compromised.

Notice:

- The date and the approximate time of your procedure will be given to you when you book your appointment.
- As a reminder, we will be calling prior your procedure.

Colonoscopy:

A colonoscopy is a procedure during which the physician uses a thin, flexible tube (endoscope) equipped with a miniature camera at the tip to visualize the interior of the rectum and colon.

This procedure can be used to screen, diagnose and in some cases treat certain problems of the colon, including (but not limited to) colon cancer (example: Polyp removal during a colonoscopy).

Possible risks associated with the procedure:

A colonoscopy is a routine procedure that carries minimal risk. Although rare, these risks may include:

- Perforation (tear) of the colon wall during the procedure (approximately 1 in 1500 cases) or when a polyp is removed (1 person in 500 cases). Should this happen, a surgical intervention may be required to repair the perforation.
- Bleeding may occur after a colonoscopy (approximately 1 in 2000 cases) or following polyp removal (1 in 500 cases).
- A transfusion of blood products, or more rarely, surgery may be required to control the bleeding.
- An allergic reaction to medication administered during the procedure (rash, fever, itching.)
- A lump or swelling that is tender to touch may appear at the insertion site of the intravenous catheter. This usually lasts for a short period of time (few days) but can remain longer. Warm, wet compresses should be applied to relieve the discomfort.
- A stroke and/or cardiac event may occur in patients who are known to have pre-existing cardiac conditions; however this is highly unlikely and occurs very rarely.
- In medicine, no specific exam is full-proof. In very rare cases (2-6%), polyps and/or cancers may go undetected, resulting in false negative results.

Before the procedure

- The physician or the nurse may recommend stopping certain medications that you are taking prior to the exam for a period of time which will be specified (ex: warfarin (Coumadin), clopidogrel (Plavix), acide acétysalicylique (Aspirine)).
- You should advise the nurse and/or the physician if you are taking any iron based supplements, as these are usually stopped 5 days prior to the procedure (Palafer, Ferrous sulfate).
- Unless specified otherwise, it is preferable to stop all anti-inflammatory medications such as Anaprox, Advil, Motrin, Naprosyn and any natural health supplements. This is to avoid any drug interactions with the medication administered during the procedure.
- Alcohol intake and use of tobacco products should be minimal prior to the procedure in order to prevent any respiratory problems.
- If your treating physician has specifically advised you to take a certain medication on the day of the procedure, you may do so with a small sip of water.
- **You must advise the nurse and/or the physician if any of the following pertain to you:**
 - Prosthetic heart valve
 - Pacemaker
 - Prolapsed mitral valve
 - Knee or hip replacement
 - Sleep apnea (with or without use of a CPAP machine)
 - Allergies, including allergy to Xylocaine
 - Diabetes (with or without insulin)
 - Pregnancy

Day of the procedure

- Avoid wearing any makeup or nail polish on your fingernails
- Kindly leave all jewellery and objects of value at home
- Do not wear contact lenses on the day of your procedure
- Do not ingest any solid food whatsoever (including gum and/or candy)
- You may brush your teeth
- You may drink clear fluids until four hours prior to your colonoscopy
- Remember to have someone with you in order to leave after the colonoscopy

Don't forget to bring the following items with you to your appointment:

- A printed list of your medications from the pharmacy;
- Your valid Medicare card (Carte d'assurance maladie);
- Your choice method of payment (Debit, Visa or MasterCard or cash) to finalize any outstanding balances due;
- The medical referral for your colonoscopy

Your arrival at the Centre

- You will be greeted by one of our team members to finalize any outstanding items
- A member of the team will show you to the endoscopy waiting room where you will be asked to change and given a bag to store your personal belongings.
- Your physician will meet with you before your procedure. He or she will answer any questions you may have, and ask you to sign a consent form if you have not already done so.

After the colonoscopy

- You will be transferred by stretcher to the observation room where our nursing staff will look after you until time of discharge.
- Immediately following the procedure, you may still feel drowsy. This drowsiness can last from 30 minutes to a few hours.
- You may also experience abdominal bloating and or cramping.

Diet and hydration

- You may return to your normal eating habits once back home
- The physician may recommend that you avoid certain medications for a period of time.

At home: signs and symptoms to watch for:

- Intense abdominal pain
- Fever and chills
- Diarrhea containing blood or black stools

If you have one or more of these symptoms:

- During the business hours please contact on-call nurse at (514) 667-3383 extension 242.
- After 6 pm, call the number indicated on the red bracelet you were given when you left the clinic.