

Kelowna Gastroenterology

COLONOSCOPY

PREP INSTRUCTIONS

Colonoscopy is an important procedure used to diagnose and treat a number of medical conditions. It is also the best method for **Colon Cancer Screening**. It is a safe and valuable procedure where the doctor will use a narrow and flexible tube called endoscope to examine the lining of your large bowel (colon). In order to adequately examine your large intestine, it must be completely free of waste material. A colon with stool residue may hide pre-cancerous lesions.

Please read carefully this instruction sheet we have prepared for you. Do not hesitate to contact us in advance should you have any questions

PHYSICIAN: _____

PATIENT: _____

Procedure Date: _____

DOCTOR'S ORDERS: _____

*Check In Time: _____

ONE WEEK PRIOR

- Stop eating nuts, popcorn, granola, multigrain breads, quinoa, cucumbers, tomatoes, poppy seeds, sesame seeds, berries or any other type of food that has small seeds
- If you are usually constipated, please call our office at (250) 763-6433 as additional prep instructions may be required.
- Stop Iron tablets or multivitamins with iron.
- If you are taking blood thinners (Warfarin, Pradax, etc), or antiplatelet medications (Aspirin, Plavix, etc.) please contact our office at 250-763-6433 for instructions.
- Arrange a responsible adult to drive and accompany you home. If you are travelling by taxi a responsible adult **MUST** accompany you. **Your procedure will be cancelled if this is not arranged.**

You are deemed legally impaired and will be unable to drive until the next day.

A caregiver must accompany you if you are unable to provide an accurate health history.

ONE DAY PRIOR

- **Start Bowel Prep – see next page**

DAY OF PROCEDURE

Please report to Ambulatory Care, on the 2nd Floor of the Centennial Building, Kelowna General Hospital at your designated time.

Please bring with you on the day of the procedure:

- Care Card / Service Card
- List of all your medications including the dosage amount and how often you take it
- List of all allergies
- No more than \$20 in cash

******Please bring a small bag with you to hold your clothing***

Every effort is made to leave your appointment as scheduled. However, occasionally due to hospital workload or emergency patients, your appointment may be cancelled and rescheduled.

Have your ride home either accompany you to your appointment or have their contact information with you.

Your ride (responsible adult) must come to the Ambulatory Care department to accompany you home.

You should be ready for discharge approx. 2 hours after your check in time.

PLEASE SEE OTHER SIDE FOR DETAILED PREP INSTRUCTIONS

YOU WILL NEED TO PURCHASE

- One jug of Polyethelglycol (PEG) Bowel preparation (4L)
****PEG options: Peglyte is fruit flavored; Colyte is pineapple flavored
- Two tablets of chewable Gas-X
- OPTIONAL: Baby wipes, Vaseline and Depends

THE DAY BEFORE YOU RPROCEDURE

Verify your post procedure ride home arrangements

Morning

- Eat a light breakfast such as toast or cereal (no nuts).

Noon

- Clear Fluid Diet. You may also drink a liquid meal replacement such as “BOOST Fruit Flavored Beverage” that comes in a Tetra-Pak.
- Drink plenty of clear fluids throughout the day.

Evening

- Clear Fluid Diet.
- 4:00 PM – Prepare the 4L of PEG solution. If you prefer it can be refrigerated. You may mix apple juice or ginger ale with the PEG prep for a better taste.
- 4:30 PM – Drink 2L of PEG solution over a couple of hours and keep the rest for the morning dose.
- Chew one tablet of Gas-X as you drink the PEG.
- You are encouraged to drink clear fluids until you go to bed.

On the Day of Your Procedure

- **4 - 5 hours prior to your *Check In Time** (on Page 1) - Drink the remaining 2L of PEG (over a period of 2 hours)
- Chew one tablet of Gas-X as you drink the PEG solution.

Stop drinking all liquids two (2) hours before your scheduled appointment time.

(Be aware that you may need to start drinking the PEG as early as 3 AM)

Take essential medications such as heart and blood pressure pills early in the morning of the procedure with a small sip of water.

Diabetics: DO NOT take insulin or oral medications the morning of the procedure. Bring them with you to the hospital. Speak to your family doctor if you require help managing your diabetic medications.

Clear Fluid Diet

Clear fluids include anything you can see through:

- Water
- Clear coffee or tea (without milk or non-dairy creamer)
- Fruit flavored drinks
- Consommé soups
- Jell-O and Popsicles
- Pop
- Gatorade
- Strained Juices (without pulp)

****DO NOT eat or drink anything with Red or Purple dye****

TIPS TO PREVENT IRRITATION

- You may consider applying Vaseline to the anal area and its surrounding area before the first bowel movement to prevent irritation.
- Use baby wipes to gently clean the anal area after bowel movements. Paper tissue can irritate the skin after repeated use.
- If incontinence concerns, you may consider wearing Depends during the bowel prep period and prior to your procedure.