

## **Colonoscopy and Polypectomy with Split Dose PEG Bowel Prep (Colyte, Golytely, Peglyte) GASTROENTEROLOGY**

**Endoscopy appointments are extremely limited.** Due to the preparation involved, **last minute colonoscopy procedure cancellations cannot be filled.** Last minute cancellations will result in a significant delay in your procedure being done, as well as creating longer wait times for everyone.

If you are unable to keep your appointment, please contact the **Endoscopy Office at Hotel Dieu Hospital at (613) 544-3400 extension 2293** one week before your procedure date to cancel.

Patient Name: \_\_\_\_\_

Date of Procedure: \_\_\_\_\_ Time: \_\_\_\_\_

Time to arrive at the Reception Desk on Jeanne Mance 4: \_\_\_\_\_

**DIRECTIONS:** Enter Hotel Dieu Hospital through the Brock Street entrance. Take the main elevators to the 4<sup>th</sup> floor. Follow the signs to the Jeanne Mance-4 reception area.

### **What is a Colonoscopy?**

It is an examination of the large bowel using an instrument called a colonoscope. This is a long flexible tube that transmits a light so the doctor can accurately examine the lining of your rectum and large bowel (colon).

### **What is a Polypectomy?**

It is the removal of polyps, which are small growths of tissue on the lining of the bowel. This is done by passing a wire snare or loop through the colonoscope. The polyp is detached from the intestinal wall by means of an electrical current.

### **Important Points**

- If you have a pacemaker, or if you have insulin dependent diabetes, it is important that you call the Endoscopy Office and tell us this before your procedure date.
- Any medications containing iron must be discontinued 5 days before your procedure.
- If you are taking blood thinners/anticoagulants (e.g. Coumadin, Plavix, Eliquis, etc.), follow the recommendations provided by your gastroenterologist regarding whether or not to continue taking these medications.

- If you are of child bearing age and are not using an acceptable method of birth control **you must notify your physician**. If you become pregnant before undergoing your colonoscopy, **you must notify your physician** for instructions prior to taking your bowel preparation.
- **An adequate bowel preparation is essential** for a complete exam, and is associated with better polyp detection as well as shorter procedure times.

## **Bowel Preparation Instructions**

### **EATING/DIETARY**

#### **5 days before your colonoscopy:**

- Stop eating any foods that contain seeds, such as grapes, berries, cucumbers, sesame seeds, poppy seeds, and figs.
- Stop eating corn or popcorn.

#### **2 nights before your colonoscopy:**

- If you have constipation, take a laxative such as Milk of Magnesia, Agarol, etc.

#### **The day before your colonoscopy:**

- **Do not have solid food or milk products.** Drink plenty of clear fluids such as fruit juice (no pulp), water, soft drinks, Gatorade (NOT RED), lemonade, clear broth or consommé, coffee and tea with no milk (you may add sugar). You may also have clear jell-o, and popsicles.
- Follow the instructions on the next page regarding specific bowel preparation.

## **Split Dose PEG (Colyte, Golytely, Peglyte) Bowel Prep Instructions**

PEG is available at your local pharmacy. NOTE:

1. PLEASE FOLLOW the Eating/Dietary instructions **above** regarding what and when you should eat.
  - **DO NOT** follow the bowel prep container/ package instructions for eating and drinking.
2. FOLLOW the instructions below for preparing and taking the PEG solution.

#### **Directions for use:**

- 1) Add water to the powder in the bottom of the container as instructed.
- 2) Make sure that the powder is dissolved.

- At 7:00 p.m. **the evening before your procedure**, drink 2 litres (one half) of the PEG solution over a 1 hour period.
- Drink the remaining 2 litres of the PEG solution over a 1 hour period **beginning 4 hours before the time of your colonoscopy**. This may mean getting up very

early, but will lead to a cleaner bowel and therefore an easier and more effective procedure for you.

**If you are unable to finish drinking the solution within the specified time, continue to drink the remainder as quickly as you can tolerate it. It is more important to drink all of the solution than to drink it too quickly.**

- If you cannot finish the preparation, call the Endoscopy Unit for instructions before you leave home on the morning of your procedure.
- If the resulting diarrhea causes rectal irritation, you may apply Vaseline to the area if you wish.
- **An adequate bowel preparation is essential** for a complete exam, and is associated with better polyp detection as well as shorter procedure times.

## **The Day of the Colonoscopy**

- You may take your usual morning dose of blood pressure or heart pills.
- You may have clear fluids up until 2 hours before your appointment time, then nothing by mouth until after the procedure is completed.
- **Do not** bring valuables or large sums of money with you. The hospital is not responsible for lost or stolen articles.
- Bring your **Health Card** with you.
- Bring a pair of reading glasses (as applicable) since you will need to read and sign a consent form before the procedure can begin.

## **The Procedure**

- The gastroenterologists take turns working in the endoscopy unit. The gastroenterologist who advised you in the clinic about the procedure will not necessarily do your procedure.
- You will receive sedation through an intravenous (IV). Additional sedation is given during the procedure to help you relax. This examination will not be done with sedation unless you have arranged for an adult to pick you up, drive you home, and stay with you.
- The tube is inserted into the rectum and gradually advanced through the bowel. This may cause some discomfort. The endoscopy assistant may apply pressure on the bowel to help passage of the instrument.
- Air may be blown into the bowel through the instrument in order to permit careful inspection of the lining of the bowel. Taking a biopsy or performing a polypectomy produces no discomfort.

## **After the Procedure**

- You will probably feel sleepy for a while and will need to rest on your side until the effects of the medication have worn off.

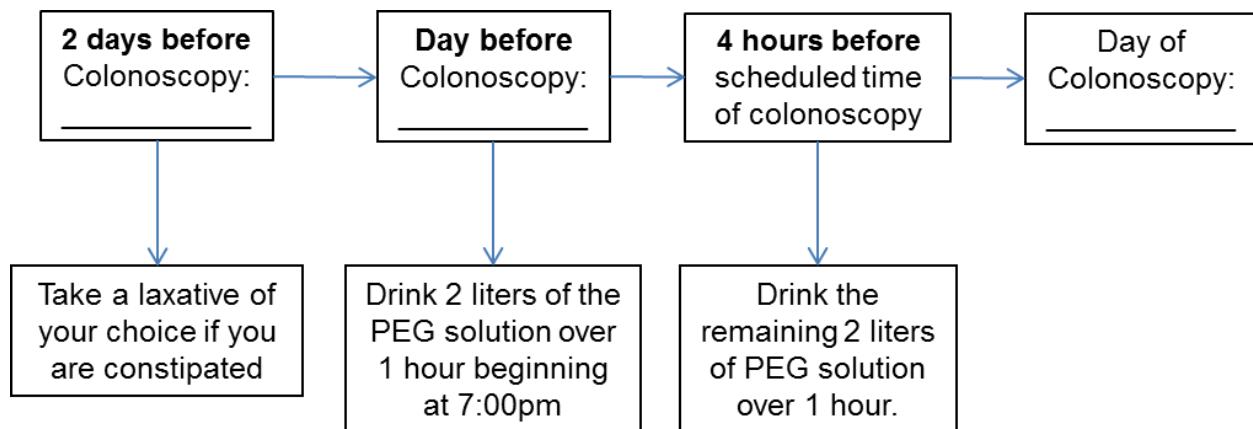
- Your blood pressure and pulse will be taken frequently to ensure that bleeding is not occurring.
- You will pass gas through your rectum to get rid of the air that was used during the procedure. You may also get cramps.
- You will not be able to drive for 24 hours because of the effects of the sedation. An adult must accompany you home in a car or taxi, stay with you, and check on your condition frequently for at least 12 hours to help you if there are any post-procedure problems. They must pick you up in the Endoscopy Outpatient Reception on the 4th floor before 4:00pm.
- Rest at home and return to work the next day.

## Complications

Adverse effects and serious complications are very rare. However, any medical procedure carries some risks, which vary depending on your overall health. Colonoscopy and polypectomy are generally safe and have a very low risk, however one of the following complications may occur in rare instances:

- The instrument may puncture a hole through the bowel wall, which would have to be repaired by surgery.
- Bleeding could occur from the site of biopsy or polyp removal. This usually stops by itself, but on rare occasions may require surgery.
- If you are at risk from heart disease, you will be monitored carefully during the procedure. The stress of the procedure may, on rare occasions, produce irregular heart rhythms, requiring treatment.
- The drugs used for sedation may cause breathing difficulties or heart problems (if you already have heart disease). If you have severe heart disease, your heart will be checked constantly by a monitor machine.

## Bowel Prep Instructions – Recap



## Colonoscopy and Polypectomy with Split Dose Pico-Salax Dulcolax Prep

### GENERAL SURGERY

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### What is a Polypectomy?

It is the removal of polyps, which are small growths of tissue on the lining of the bowel. This is done by passing a wire snare or loop through the colonoscope. The polyp is detached from the intestinal wall by means of an electrical current.

### Important Points

- If you have a pacemaker, or if you have insulin dependent diabetes, it is important that you call the Endoscopy Office and tell us this before your procedure date.
- Any medications containing iron must be discontinued 5 days before your procedure.
- If you are taking blood thinners/anticoagulants (e.g. Coumadin, Plavix, Eliquis, etc), follow the recommendations provided by your gastroenterologist regarding whether or not to continue taking these medications.

- If you are of child bearing age and are not using an acceptable method of birth control **you must notify your physician**. If you become pregnant before undergoing your colonoscopy, **you must notify your physician** for instructions prior to taking your bowel preparation.

## Bowel Preparation Instructions

### EATING/DIETARY / Dulcolax Tabs

#### 5 days before your colonoscopy:

- Stop eating any foods that contain seeds, such as grapes, berries, cucumbers, sesame seeds, poppy seeds, and figs.
- Stop eating corn or popcorn.

#### 3 days and 2 days before your colonoscopy:

- Take 2 dulcolax tabs (5mg each) at 5:00pm each evening (available at your local pharmacy).

#### The day before your colonoscopy:

- **Do not have solid food or milk products.** Drink plenty of clear fluids such as fruit juice (no pulp), water, soft drinks, Gatorade (NOT RED), lemonade, clear broth or consommé, coffee and tea with no milk (you may add sugar). You may also have clear jell-o, and popsicles.
- Follow the instructions below and on the next page regarding specific bowel preparation.

### PICO-SALAX SOLUTION

Pico-Salax and Dulcolax tabs are available at your local pharmacy.

#### NOTE:

1. PLEASE FOLLOW the Eating/Dietary instructions above regarding what and when you should eat.
  - **DO NOT** follow the bowel prep container/ package instructions for eating and drinking.
2. FOLLOW the instructions on the following pages for preparing and taking the Pico-Salax solution.

#### Bowel Preparation:

- Take the first dose of Pico-salax at 7:00pm the day before your procedure (see Directions for use\* below).
- Take the second dose 4 hours before the time of your colonoscopy procedure. This may mean getting up very early, but will lead to a cleaner bowel and therefore an easier and more effective procedure for you.

**\*Directions for use:**

- Do NOT follow the 'Dosage and Directions for Use" on the package instructions. Instead, empty the contents of the packet into a mug or glass and add 150ml (5oz) of cold water.
- Stir constantly for 2 or 3 minutes until all of the laxative is dissolved.
- If the mixture heats up, let it cool before you drink it.
- Continue to stir while it cools.
- Drink PLENTY of clear fluids as described on the previous page.

**An adequate bowel preparation is essential for a complete exam, and is associated with better polyp detection as well as shorter procedure times.**

- If you cannot finish the preparation, call the Endoscopy Unit for instructions before you leave home on the morning of your procedure.
- If the resulting diarrhea causes rectal irritation, you may apply Vaseline to the area if you wish.

## **The Day of the Colonoscopy**

- You may take your usual morning dose of blood pressure or heart pills.
- You may have clear fluids up until 2 hours before your appointment time, then nothing by mouth until after your procedure is completed.
- Do not bring valuables or large sums of money with you. The hospital is not responsible for lost or stolen articles.
- Bring your **Health Card** with you.
- Bring a pair of reading glasses with you (as applicable) since you will need to read and sign a consent form before the procedure can begin.

## **The Procedure**

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## After the Procedure

- You will probably feel sleepy for a while and will need to rest on your side until the effects of the medication have worn off.
- Your blood pressure and pulse will be taken frequently to ensure that bleeding is not occurring.
- You will pass gas through your rectum to get rid of the air that was used during the procedure. You may also get cramps.
- You will not be able to drive for 24 hours because of the effects of the sedation. An adult must accompany you home in a car or taxi, stay with you, and check on your condition frequently for at least 12 hours to help you if there are any post-procedure problems. They must pick you up in the Endoscopy Outpatient Reception on the 4th floor before 4:00pm.
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## Bowel Prep Instructions - Recap

