

Colonoscopy Preparation Instructions with Dr. Eksteen/Dr. Stinton

Location: Foothills Medical Centre / Rockyview General Hospital / South Health Campus

MORNING PROCEDURE

DAY BEFORE YOUR COLONOSCOPY (PREPARATION DAY) Date: _____

You will be on clear fluids only the entire day BEFORE THE PROCEDURE UNTIL AFTER THE TEST - 3 to 4 litres. (Clear fluid examples: Water, clear juices such as apple, white cranberry, white grape; avoid red, orange or purple; clear soups such as consommé or broths, Gatorade or similar sport drinks (again avoid red or purple), plain tea, herbal tea, Jell-O, pop, popsicles (again avoid red, purple or orange), **NO MILK OR NON-DAIRY CREAMER. NO DAIRY PRODUCTS. IF YOU CAN SEE THROUGH IT, YOU CAN HAVE IT! NO JUICES CONTAINING PULP.**

1. At 12 noon drink 2 litres of PEG Laxative (*) within 2 hours – an 8 oz. glass every 10 minutes approx.
2. At 6 PM drink the remaining 2 litres of PEG Laxative within 2 hours.
3. After drinking each 2 litres of PEG laxative, it is important to continue to drink clear fluids to prevent dehydration. Symptoms of dehydration include weakness, dizziness and/or feeling light-headed. Dehydration can increase your chance of fainting or falling. Having a responsible adult with you or available to you during bowel preparation time person is preferable.

DAY OF COLONOSCOPY Date: _____ ARRIVAL TIME: _____

Take any prescribed medication, unless instructed to stop. For colonoscopy stop drinking clear fluids 2 hours before you arrive for the colonoscopy. Please stop 4 hours before if you are having a gastroscopy as well. Stop at: _____

AFTERNOON PROCEDURE (1PM OR LATER)

PREPARATION DAY Date: _____

You will be on clear fluids only the entire day BEFORE THE PROCEDURE UNTIL AFTER THE TEST - 3 to 4 litres.

1. At 6 PM drink 2 litres of PEG Laxative (*) within 2 hours – an 8 oz. glass ever 10 minutes approx.
2. After drinking each 2 litres of PEG laxative, it is important to continue to drink clear fluids to prevent dehydration. Symptoms of dehydration include weakness, dizziness and/or feeling light-headed. Dehydration can increase your change of fainting or falling. Having a responsible adult with you or available to you during bowel preparation time person is preferable.

DAY OF COLONOSCOPY Date: _____ ARRIVAL TIME: _____

1. At 6 AM drink 2 litres of PEG Laxative (*) within 2 hours – an 8 oz. glass ever 10 minutes approx.
2. You can drink clear fluids or take any required medications until: _____
Take any prescribed medication, unless instructed to stop. For colonoscopy stop drinking clear fluids 2 hours before you arrive for the colonoscopy. Please stop 4 hours before if you are having a gastroscopy as well. Stop at: _____.

The most important thing you can do to ensure the success of your colonoscopy is to properly prepare for the test. The large bowel **MUST** be cleaned out to allow for thorough examination of the bowel wall and therefore, detection of any abnormalities. An excellent bowel preparation improves the quality and the safety of the test. A poor bowel preparation increases the risk of missing significant abnormalities such as cancers or polyps and it increases the risk of complications. It may also result in the need to repeat the test.

You MUST call two weeks prior to your scope to confirm your appointment. Please call 403 455 7872 date: _____. Failure to do so may result in cancellation of your procedure.

* PEG-based laxatives are sold under different names (Colyte ®, Peglyte ®, Halflytely ®, and Golytely ®). Purchase unflavoured.

If you experience nausea (feeling of sickness) you may try drinking ginger-ale in between prep glasses, taking a 30-minute break from the prep or you may purchase Gravol ® (without a prescription) at the pharmacy