

COLONOSCOPY INSTRUCTION SHEET

Endoscopist: Dr. Connal Robertson-More

Procedure Location: Comox Valley Hospital, 101 Lerwick Rd, Courtenay, BC V9N 0B9

This handout will help you learn more about your colonoscopy under sedation; how to get ready and what to expect.

Appointment Details

CHANGE OR CANCELLATION REQUESTS MUST BE RECEIVED IN THE OFFICE AT LEAST 14 DAYS PRIOR TO PROCEDURE DATE

Cancelling without sufficient notice prevents rebooking another patient, contributing to unused resources and longer wait lists.

What to Purchase

- 1. Bisocodyl (Dulcolax) Tablets** (3 tablets required)
- 2. ONE box of the KleanLyte prep Kit.** *This product may need to be ordered, please call or visit your pharmacy at least 1 week before colonoscopy, to ensure you get it.

Each KleanLyte™ kit contains 2 x 177 mL bottles and a mixing container.



You will need to go to the pharmacy counter and ask for the bowel prep as they are usually kept behind the counter. **You do NOT require a prescription.**

BLOOD THINNERS

Ask your doctor for directions if you take any of the following medications:

- Warfarin (Coumadin®), Stop 5 days before.
- Dabigatran (Pradaxa), Rivaroxaban (Xarelto), Apixaban (Eliquis) Stop 48 hours before.
- Clopidogrel (Plavix®), Ticlidine (Brilinta), Prasugrel (Effient), Stop 7 days before.

Continue all other medications unless specifically told not to by your doctor.

INSULIN DEPENDENT DIABETES

If you are on insulin, please make an appointment to see your family doctor regarding decreasing or not taking insulin the morning of your colonoscopy.

→ On the day of prep, try to maintain your normal caloric intake in liquid form.

Management of Your Medication

! Take all your prescribed medications at the usual time, with the exception of when drinking your bowel prep. It is recommended that you take your medication 2 hours before or 2 hours after drinking the preparation. **On the day of your colonoscopy take your regular medications with a sip of water at least 3 hours before the procedure.** This is especially important for heart medications and blood pressure pills.

7 DAYS BEFORE your Colonoscopy

- Stop eating foods that contain seeds like blackberries, raspberries and strawberries.

5 DAYS BEFORE your Colonoscopy

- STOP taking iron pills or supplements containing iron.

3 DAYS BEFORE your Colonoscopy

→ Confirm your ride to/from the hospital.

Eat foods that are easy to clear from the intestinal tract – this is a Low Residue Diet. Acceptable foods include:

- White bread, rice, noodles, skinless potato.
- Skinless poultry or seafood, eggs.
- Applesauce, canned fruit without seed or skin, ripe banana
- Cooked or canned vegetables without seeds.

AVOID products that contain whole wheat, brown or wild rice, nuts, seeds, popcorn, tough fibrous meats, raw or dried fruits, berries, raw vegetables.

2 DAYS BEFORE your Colonoscopy

- **At 5pm:** Take 3 Bisocodyl (Dulcolax) tablets at 5pm.

1 DAY BEFORE your Colonoscopy

FROM THE TIME YOU WAKE UP: Start your Clear Fluid Diet.

NO solid food. It is best to avoid or limit fluids that are red or purple in color.

AT 2PM – Follow instructions for Bottle #1:

HOW TO TAKE KLEANLYTE™:

- 1 Pour the contents of **one bottle** into the mixing container provided.



- 2 Fill the container with water to the fill line (473 mL or 16 oz) and drink the entire amount.



- 3 Drink **two** additional containers filled to the fill line with water over the next hour.



Ensure that you **hydrate adequately before, during, and after** taking this product.



In case of overdose, call a poison control centre or get medical help right away.

- Most patients begin to have loose bowel movements within 1-3 hours, and this will typically continue for 1-2 hours after you have finished drinking the bowel prep. Please note that this result will vary per person.
- Continue to drink Clear Fluids to help support the bowel prep solution to clear the bowels out.

CLEAR FLUID DIET

While taking the bowel prep, it is very important to continue to drink 2-4 litres of a variety of clear fluids to prevent dehydration and electrolyte imbalance. Ample fluid intake will support a good bowel prep and help to ensure you have better success at your IV start on the day of your procedure. If you become dehydrated or have electrolyte imbalance, you may become weak or light-headed, which can result in fainting or falling.

Acceptable CLEAR Fluids are:

- Clear broths or bouillons.
- Clear pulp-free fruit juices e.g. apple, white grape, white cranberry, lemonade.
- Black tea or black coffee (you may add sweetener).
- Sports drinks e.g. Powerade® or Gatorade® (**recommended**).
- Pop e.g. ginger ale, 7-UP®, or Sprite®.
- Juice from drink crystals e.g. Kool-Aid® or iced tea.
- Fruit ice, Popsicles®, Jell-O® (with no added toppings or fruit).
- NO milk products.
- NO alcoholic beverages.

Tips to Make Drinking the Bowel Prep More Tolerable:

- Chill the solution in the refrigerator.
- Drink using a straw to deliver the bowel prep far into the back of your mouth, past your taste buds.
- Immediately chase the bowel prep with clear fluids.
- Rinse mouth with water or mouthwash.
- Suck on a menthol hard candy or lollipops between doses.
- Put a touch of honey on your tongue to help cleanse your palate.
- Taking Gravol® 1 hour prior to starting the bowel prep may help with nausea.

THE DAY OF your Colonoscopy

4 HOURS PRIOR TO YOUR PROCEDURE – Follow instructions for Bottle #2:

HOW TO TAKE KLEANLYTE™:

- 1 Pour the contents of **one bottle** into the mixing container provided.



- 2 Fill the container with water to the fill line (473 mL or 16 oz) and drink the entire amount.



- 3 Drink **two** additional containers filled to the **fill line with water** over the next hour.



Ensure that you **hydrate adequately before, during, and after** taking this product.



In case of overdose, call a poison control centre or get medical help right away.

- Continue to drink Clear Fluids (try for 1 litre or more) until the stop time below.
- Your bowels are considered clear when you are passing only liquid. The liquid should be clear or pale yellow, like the colour of urine.
- Continue to drink Clear Fluids to help support the bowel prep solution to clear the bowels out. This exam can only be done if your bowels are properly cleaned out.

3 HOURS PRIOR TO YOUR PROCEDURE – STOP drinking ALL fluids.

Take your usual morning pills before this time (unless instructed not to – see Management of your Medication on pg. 1).

What is a Colonoscopy?

A Colonoscopy is a procedure that allows a colonoscopist (doctor) to see the inside lining of the rectum and colon using a special instrument called a colonoscope.

- A colonoscope is a flexible tube with a miniature camera attached to one end so that the colonoscopist can see and take pictures of your colon. During a colonoscopy, tissue samples can be collected. Polyps are frequently discovered and removed. The scope will be removed once the exam is done, and samples are taken.
- Before the exam, most patients are given medication to help them relax. This medication might be given through an intravenous (IV). Sedation is routine but optional.

Why is Bowel Preparation Important?

The colon must be thoroughly cleaned out to allow accurate detection of abnormalities. This is achieved by drinking the bowel prep in addition to a clear fluid diet. Excellent bowel preparation also helps ensure safety and ease of the test. A poor bowel preparation may mean repeating the test at a later date.

The bowel prep is a laxative that loosens stool and stimulates frequent bowel movements.

- It is supplied as a solution which must be mixed with water according to your specific instructions.
- Minor abdominal cramping, bloating, nausea, and chills are common side effects. Using a warm blanket on your abdomen may help with cramping.
- Skin irritation around your rectum frequently occurs. This can be alleviated by use of wet flushable wipes, zinc barrier cream or Vaseline® after each trip to the washroom.

Tips for Coming into the Hospital

- Bring your BC Health Care card.
- Bring your CPAP or dental device if you use one for sleep.
- Do not bring valuables or large sums of money with you. The hospital is not responsible for lost or stolen articles.
- Smoking is not allowed on Island Health property.
- NO perfume, cologne or body spray. The hospital is a scent free environment.
- If you have a fever or flu, we may need to cancel your procedure; please call the ENDO BOOKING OFFICE 250-331-5900 ext. 65690 ASAP.

Getting To and From Your Appointment

- You MUST have a responsible person take you home.
- Wheelchairs are usually at the front doors of Island Health facilities and can be used if needed.
- You are considered legally impaired for 24 hours after your procedure due to the lasting effects of sedation; during this time, you CANNOT DRIVE A VEHICLE or be in position of responsibility e.g. caring for children or elders.
- You cannot take public transportation by yourself.
- If you do not have a ride, your procedure may be cancelled or offered without sedation.

Are There Risks?

While a colonoscopy is commonly performed and generally very safe, like any medical procedure, a colonoscopy has a small risk of complications:

- Bleeding from the colon.
- Perforation (hole in the colon).
- Allergic reaction to the bowel prep or medication used for sedation
- Heart or lung problems.
- The bowel prep can cause changes in your electrolyte and fluid levels resulting in weakness or dizziness; extra caution should be taken to avoid falls.
- Although colonoscopy provides the most accurate images of the colon, it reduces but does not eliminate the risk of a problem being missed. The missed rate is 5% which is usually related to bowel prep quality (how clean your colon is).