

DR. CONNAL ROBERTSON-MORE, M.D., F.R.C.S. (C) General Surgeon
Phone (250) 792-5080 Fax: 1 (236) 269-2136

EXTENDED BOWEL PREP COLONOSCOPY INSTRUCTION SHEET

Endoscopist: Dr. Robertson-More

Endoscopist Office #: 1-250-792-5080

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.

The procedure takes 30 minutes to 1 hour. You will need to stay 30 minutes to 1 hour after it is over. Plan to be at the hospital 2 1/2 to 3 1/2 hours from start to finish. Make sure the nurse knows how to contact the person taking you home.

WHAT IS A COLONOSCOPY?

- Colonoscopy is an examination of the lining of the rectum and colon using a colonoscope.
- The scope is a long flexible tube with a camera and a light at the end. The scope is inserted into the anus and advanced into the rectum and the large bowel. This allows the doctor to carefully examine the lining of the large bowel and take samples of tissue if needed.
- Before the exam, most patients are given medication to help them relax. This medication will be given through an intravenous (IV).
- The doctor will tell you what he or she is doing. There is a nurse in the room helping you and the doctor. You will be lying in a comfortable position on your left side while the scope is inserted. Air will be put through the tube to expand the colon. The exam may feel uncomfortable. There can be a feeling of pressure or cramping at various times during the exam. This will pass quickly.
- Small tissue samples (biopsies) may be taken. These biopsies are sent to the lab for testing.
- Polyps (small growths of tissue inside the colon), if found, may be removed as well. This is called a polypectomy. Most polyps are not cancerous.
- The scope will be removed once the exam is done and samples are taken.

PREPARATION INSTRUCTIONS AT LEAST 14 DAYS BEFORE

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

Blood Thinners

- 1) Warfarin (Coumadin®), Stop 5 days before
 - 2) Dabigatran (Pradaxa), Rivaroxaban (Xarelto), Apixaban (Eliquis) Stop 48 hours before
 - 3) 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

1. 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.

5 DAYS BEFORE

1. Stop taking iron pills or supplements containing iron.
2. Stop eating foods that contain seeds including whole flax, berries and popcorn.

3 DAYS BEFORE

1. Confirm your ride to and from the hospital.
2. Review the clear fluid diet that you will need to follow and plan your meals.
3. Buy:
 - I. 4 Litre container of Peglyte
 - II. Dulcolax Tablets
 - III. 1 box of Pico-Salax from the drug store. (Contains 2 Sachets).
 - IV. 1 Small Bottle of Magnesium Citrate.
 - V. Optional: Zinc ointment will help soothe and comfort your bottom end.

FOR THE BEST EXAMINATION, THE COLON MUST BE COMPLETELY FREE OF WASTE.

2 DAYS BEFORE

1. **NO Solid food** today only clear fluids. **Do not eat solid food until AFTER your procedure.**
2. Clear fluids for 2-3 days prior to your procedure – **4 litres per day so you do not get dehydrated.**
2. Continue drinking clear fluids only until 3 hours before the exam.
3. It is best to avoid or limit fluids that are red or purple in colour.

Clear fluids can include:

- Water
- Popsicles
- Jell-O (with no added toppings or fruit)
- Clear tea & black coffee
- Carbonated drinks (pop), power aid, Gatorade
- Fruit juices without pulp (apple juice, lemonade)
- Clear broth

It is important to drink lots of clear fluids from the time you take your bowel prep until 3 hours before the exam. This will help replace the fluids lost from your body.

Diabetics: Try to maintain your normal caloric intake in liquid form. Test your blood sugar before meals, at bedtime, other times

AT 12:00 NOON

1. At noon, mix up the solution of Peglyte in the 4-litre container and begin to drink **TWO** litres over the next 1-2 hours.
2. Take 2 Dulcolax tablets at 12 noon.
3. **Drink 3 glasses (8oz) of clear fluid each hour until the laxative stops working to prevent dehydration.** You may have tea or coffee (no milk).

AT 5:00 PM

1. Drink the remaining **TWO** litres of Peglyte over the next 1-2 hours.
2. **Diarrhea is expected so stay close to a toilet.**

THE DAY BEFORE YOUR PROCEDURE

1. **NO Solid food** today only clear fluids. **Do not eat solid food until AFTER your procedure.**
2. **DRINK 4 LITRES OF CLEAR FLUID THE DAY BEFORE THE EXAM SO YOU DO NOT GET DEHYDRATED.**
3. Continue drinking clear fluids only until 3 hours before the exam.
4. It is best to avoid or limit fluids that are red or purple in colour.

Clear fluids can include:

- Water
- Popsicles
- Jell-O (with no added toppings or fruit)
- Clear tea & black coffee
- Carbonated drinks (pop), power aid, Gatorade
- Fruit juices without pulp (apple juice, lemonade)
- Clear broth

BEFORE 8:00 AM

Drink 3 glasses (8oz) of clear fluid so you do not get dehydrated.

AT 12:00 NOON

1. Stir the first sachet of the Pico-Salax into a glass of cool water (5oz) and drink it.
2. **Drink 3 glasses (8oz) of clear fluid each hour until the laxative stops working to prevent dehydration.** You may have tea or coffee (no milk).

MIDDAY

Call the hospital between 11:00am and 1:00pm to confirm appointment time. 250-331-5900 x 65690.

AT 5:00 PM

1. Stir the 2nd sachet of Pico-Salax as prepared above.
2. The bowel cleansing effect is improved by the amount of clear fluids you drink.
3. Diarrhea is expected so stay closed to a toilet.

YOUR BOWELS ARE CONSIDERED CLEAN WHEN YOU PASS ONLY LIQUID.

DAY OF PROCEDURE

1. **NO Solid food** today only clear fluids. **Do not eat solid food until AFTER your procedure.**
2. Continue drinking clear fluids only until 3 hours before the exam.
3. Take your normal medications with a sip of water at least 3 hours before your procedure.

4 HOURS PRIOR TO YOUR PROCEDURE

1. Take the bottle of Magnesium Citrate (Best if taken VERY COLD/ STORE IN FRIDGE)

AFTER THE EXAM

1. You will be given instructions on how to care for yourself after your colonoscopy when you go home.
2. **Sedation drugs can stay in the body for up to 24 hours afterwards.** You may be considered impaired for up to 24 hours after your exam, we recommend that someone stay with you during this time. You should plan not to:
 - Make important decisions, sign documents, go to work or do business
 - Drive a car or work with machinery
 - Do any dangerous activities like bike riding, swimming, or climbing ladders
 - Travel alone by public transport e.g. bus, taxi
 - Drink alcohol, take sleeping pills or anti-anxiety medication
 - Be responsible for the care of another person e.g. baby, small child, person in poor health

**The information in this handout is intended only for the person it was given to by the health care team. It does not replace the advice or directions given to you by your doctor.