

Colonoscopy PEG Preparation Afternoon Appointment

ENDOSCOPY CLINIC APPOINTMENT

Please arrive 15 minutes before the appointment in order to complete the registration process.

The entire appointment (preparation, procedure and observation) will take approximately 3 hours.

Please arrange a drive and someone to accompany you home after the appointment. You will be given a sedative (medication that makes you drowsy) before the procedure and will be restricted from driving for the next 24 hours (next day).

Cancellation:

48 hours (two business days) advance notice is required if you are unable to keep your appointment. Please contact your doctor if you need to cancel or reschedule the appointment.

The Credit Valley Hospital Endoscopy Clinic Doctors

Dr. Roger Hollingworth	905-820-7877
Dr. Michael Ostro	905-828-9998
Dr. Navin Anand	905-607-9848
Dr. Krishna Menon	905-569-7789
Dr. Imran Rasul	905-607-8340
Dr. Supriya Joshi	905-569-9546
Dr. Grant Moffat	905-820-3633
Dr. Neil Woolfson	905-820-3633
Dr. Lance Tin	905-569-7976
Dr. Deepa Kumar	905-820-3633
Dr. Donald Coughlan	905-820-6233
Dr. Vitaly Bard	905-820-3633
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CREDIT VALLEY
THE CREDIT VALLEY HOSPITAL

Endoscopy Clinic

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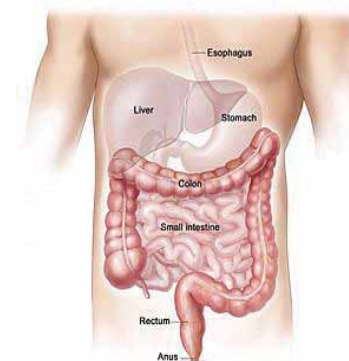
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Endoscopy Clinic

Colonoscopy PEG Preparation

Afternoon Appointment



Colonoscopy PEG Preparation - Afternoon Appointment

COLONOSCOPY

Your doctor has recommended that you have a medical procedure called a colonoscopy to evaluate or treat your condition. This test allows the doctor to look inside the colon. It requires a thorough cleaning of your intestinal tract (bowels). **Klean-Prep, Colyte, GoLYTELY, or Peglyte** are preparations used to clean the colon allowing the doctor to have a clear view. These products are available as an oral liquid or powder. They can be purchased without a prescription at your local pharmacy. If you purchase the oral powder, mix with water as directed and shake well until all ingredients have dissolved.

PREPARING FOR THE PROCEDURE

One Week Before Procedure:

Stop taking your iron medication unless the doctor told you otherwise. Tell your doctor about any anticoagulants (blood thinners) such as Coumadin, Plavix or Aspirin that you are taking.

Medication Instructions:

Two Days Before The Procedure:

Stop taking fibre supplements (Metamucil, Prodiem). Purchase the **Klean-Prep, Colyte, GoLYTELY, or Peglyte** from your local Pharmacy.

The Day Before The Procedure:

Drink only clear fluids. Stop eating solid food until after the procedure. Clear fluids include: water, strained fruit juices without pulp (apple, white grape, lemonade) clear tea or coffee (no milk), clear soup, beef or chicken broth, bouillon, consommé, Jello, clear soft drinks, Gatorade, Kool-aid. Avoid red or purple colored liquids.

At 6 p.m., drink half (2 liters) of the preparation. Drink one, full, 250 mL (8 ounce) glass rapidly every 15 minutes until the half of the preparation is gone. It will take about two hours to drink half of the solution. If you sip small amounts of the solution, it will not work as well. You may experience some nausea, bloating or abdominal cramps which will subside as the diarrhea begins.

The first bowel movement may start an hour or so after you start drinking the preparation.

Tips: Chill the preparation solution before drinking; drink clear juices in between glasses of the preparation; suck on a Popsicle; take Gravol for nausea 30 minutes before starting the preparation if needed (Gravol is available without a prescription at your local Pharmacy).

The Day Of The Procedure:

At 7 a.m., drink the remaining half (2 liters) of the preparation as described above.

Drinking all of the preparation is mandatory. The procedure may need to be rescheduled if your bowel is not clean for the procedure.

Drink only clear fluids (no solid food) until the time of your appointment.

Note: If your procedure includes a **gastroscopy** you may have a clear fluid breakfast in the morning and then nothing to drink after 9 a.m.

Take your usual medications (except iron, Aspirin, Plavix, Metamucil, Prodiem) in the morning unless the doctor told you otherwise.

Medication Instructions:

Please bring a copy of the list of medications you are taking to your appointment.

