

Colonoscopy

(Colyte / Peglyte preparation)

How to prepare?

There are several things to do before the exam.

MEDICATION:

If you are taking any of the following medications:

- Medication that makes the blood thinner, such as anticoagulants and antiplatelets, **please consult your prescribing doctor or pharmacist to determine when and if you can stop these medications for your examination. Written authorization is required before the procedure.**
- Medication for diabetes, **please consult your prescribing doctor or pharmacist when and if you may stop these medications for your exam.**

SUPPLEMENTS:

Stop iron supplements 7 days prior to the exam.

SPECIAL DIET:

It is important to follow this diet so the doctor may have the best view of your colon. If the bowel preparation is not done well, the exam may need to be repeated.

3 days prior to the exam, do not take any:

- Bread or pasta made with whole grains (multigrain bread), whole grains, or brown rice.
- Milk, dairy products, or alternatives (soy milk, almond milk, etc.)
- Fruits or vegetables
- Legumes (red beans, lentils, chickpeas, etc.)
- Nuts and seeds
- ~~Potato chips, popcorn, coconut, jams, sauces~~

PREPARATION THE DAY BEFORE YOUR EXAM

For your preparation, you must obtain:

- Colyte or Peglyte 4 liters
- Dulcolax: 2 tablets

You can obtain Colyte/Peglyte and Dulcolax tablets at your local pharmacy without a prescription.

What should you bring on the day of your exam?

- Complete and up-to-date list of your medications provided by your pharmacist.
- Leave your jewelry and valuables at home

What happens after the exam is completed?

You will stay under observation for approximately 30 minutes to ensure that you are well before leaving. The doctor will meet with you before you go.

You must be accompanied when you return home. Someone must stay with you for 24 hours following the procedure. Because of the medication administered before your procedure, your attention level may be less efficient 24 hours during this period:

- Do not drive a vehicle (car, motorcycle, bicycle)
 - Do not use dangerous tools
 - Do not make any critical decisions.
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My exam is scheduled BEFORE NOON.

The day before the exam:

- Do not eat breakfast, lunch or supper.
- Throughout the day, drink clear liquids (see examples of clear fluids below)
- You can drink as many clear fluids as you want.

Between 4 p.m. and 6 p.m.:

- Drink 3 liters of Colyte or Peglyte over 4 hours.
- If you have nausea or feel too bloated, drink more slowly.

At 9 p.m.: Take the 2 Dulcolax tablets.

The morning of the exam:

- 4 to 6 hours before your appointment, get up to drink the last liter of Colyte or Peglyte.
 - You must drink the last liter within an hour. It is as early as possible, considering your scheduled exam time.
 - Don't have breakfast.
 - Clear liquids are allowed up to 3 hours before your scheduled exam time.
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My exam is scheduled IN THE AFTERNOON.

The day before the exam:

- Have a very light breakfast (2 slices of white bread with nothing on them).
- Don't eat lunch or dinner.
- Throughout the day, drink clear fluids (see examples below).
- You can drink as many clear fluids as you want.

Between 6 p.m. and 8 p.m.:

- Drink the first 2 liters of Colyte or Peglyte over the following 4 hours.
- If you have nausea or feel too bloated, drink more slowly.

At 9 p.m.: Take the 2 Dulcolax tablets.

The morning of the exam:

- Don't have breakfast.
- 4 hours to 6 hours before your appointment. Take the last 2 liters of Colyte or Peglyte.
- You must drink the last 2 liters within an hour and a half.
- Clear liquids are permitted up to 3 hours before your scheduled exam time.

Examples of clear fluids:

- Clear broth (beef, chicken without noodles or vegetables)
- Clear fruit juice without pulp (apple, white grape, white cranberry, grapefruit, orange).
- Black coffee, tea or tisane (without cream/milk, or sugar)
- Soft drinks (Ginger Ale, Seven Up, Sprite)
- Kool-Aid or Gatorade (except for the red)
- Jell-O or Popsicle (except for the red)
- Water or ice