

Bowel Preparation Instructions (PEG Prep)

Your appointment date & time: _____

Please arrive at Georgian Bay General Hospital **45 min prior** to this scheduled appointment time.

You are required to confirm your scope appointment with Dr. Sacks' office 1 week prior to the procedure. A cancellation fee of \$100 will be charged if 72 hours notice is not given for missed scope appointments.

Colonoscopy Preparation Instructions - Please Read Carefully

Please follow the instructions below to ensure the best possible bowel preparation for your upcoming colonoscopy.

- Blood thinner instructions: ASA - no need to hold; Coumadin - hold for 5 days;
All other blood thinners - hold for 3 days
- 5 Days Prior to colonoscopy:
 - Purchase 1 (one) large bottle of PegLyte at the pharmacy. This product does not require a prescription. It is available over the counter.
- Purchase 1 (one) box of **Dulcolax** at the pharmacy. This product does not require a prescription.
- 3 Days Prior to colonoscopy:
 - Consume a **low residue diet** (no raw fruit/veggies, no skins, no whole grains, nuts or seeds)
- 2 Days Prior to colonoscopy:
 - Continue a **low residue diet**
 - Take two (2) tablets of **Dulcolax** at bedtime
- 1 Day Prior to colonoscopy:
 - Consume a **clear fluid diet only**, starting at breakfast (broth, Jell-O, apple juice, white grape juice, clear soft drinks, sports drinks, black tea/coffee). Try to avoid RED coloured liquids.
 - Drink **2 liters** of **PegLyte** from **4:00pm-6:00pm**.

If your procedure is scheduled between 7:30am and 10:00am:

- Drink another **2 liters** of **PegLyte** from **10:00pm-12:00am**. You may continue to drink clear fluids overnight.
- Nothing to eat or drink after **5:00am**.

If your procedure is scheduled between 10:15am and 2:30pm:

- You may continue drinking clear fluids overnight.
- Drink another **2 liters** of **PegLyte** from **6:00am-8:00am** the morning of your procedure.
- Nothing to eat or drink after **8:00am**.

Tips to improve success

- Keep the PegLyte as cold as possible. Start cooling the solution in your refrigerator 2 days prior to your prep. Use a straw to drink the chilled PegLyte.
- You may flavour the PegLyte solution with Crystal Light (or similar) drink crystals. Try using different flavours in different glasses of PegLyte.
- Use of menthol lozenges (e.g. Halls) has been suggested to improve tolerability.

Dr. Eileen Sacks

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General Instructions

Please come to the Georgian Bay General Hospital Ambulatory Care Department on the Lower Level 45 minutes prior to your scheduled appointment. Please note that this arrival time is not your procedure time. We do our best to start procedures at the scheduled appointment time, but delays can, and do, occur.

Use the main entrance and register at the main Registration Desk. The Registration Clerk will require your health card, please ensure your health card has not expired. Once registered, take the stairs or elevator downstairs to the Ambulatory Care Department.

You will not be able to drive for the rest of the day following your colonoscopy. Arrangements must be made in advance to have a responsible adult drive you home and stay with you overnight. **Your driver does not** need to remain in the hospital as long as they leave a phone number at which they can be reached when you are ready to be discharged.

When you are discharged, your driver can get a 15 minute parking pass at either the volunteer desk or switchboard to park at the front door of the hospital. The responsible person picking you up must come into the Ambulatory Care Department to sign for your release from the department. Please take the elevator when you leave the department as you may still be groggy from the sedation medications. It is recommended that you have adult supervision at home after the sedation to ensure your safety.

Please leave all jewelry (rings, earrings, necklaces, watches etc) and valuables at home. There is no secure storage for these items in the Ambulatory Care Department. Georgian Bay General Hospital is not responsible for lost or stolen belongings. Do not wear make-up, nail polish or perfume.

Please bring a list of all your current medications. Bring your glasses and glasses case, if necessary. Wear comfortable clothing.

If you have any questions or concerns please call your surgeon's office.