



OAKVILLE ENDOSCOPY CENTRE INC.

2125 Wycroft Road, Unit 5
Oakville, Ontario
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Bi-PegLyte Preparation for Colonoscopy Patient:

*If you are unsure of what time your procedure is, or at what time to arrive, please call us at **905-842-3666**

Cancellation

If you fail to show up for your procedure, reschedule or cancel your appointment within 1 week (7 days) of your confirmed procedure date you will be charged a cancellation fee of \$100.

Informed Consent

You will be asked to sign a consent form before the procedure is performed. The doctor performing the procedure will discuss this with you.

Notify the OEC Immediately if you have any of the following; for safety reasons, your procedure may be cancelled if any of the factors below are present.

- If you are taking any non-ASA blood thinners (including but not limited to Aggrenox/Dipyridamole, Brilinta/Ticagrelor, Cilostazol, Effient/Prasugrel, Eliquis/Apixaban, Plavix/Clopidogrel, Pradaxa/Dabigatran, Savaysa/Edoxaban, Ticlic/Ticlopedine, Warfarin/Coumadin, Xarelton/Rivaraxaban).
- If you are on home oxygen.
- If you are experiencing moderate to severe flu-like symptoms.
- If you are experiencing any GI-related symptoms (blood in stool, abdominal pain, change in bowel habits).
- If you contract an infectious disease.
- **If your BMI (body mass index) is over 45.** A BMI calculator is available on www.theoec.ca/prep-sheet.html

As you will be sedated for the procedure, you will not be allowed to drive until the next morning. You will need to make arrangements for someone to accompany you when you leave the clinic. You are not allowed to drive home, or to leave the clinic alone, or to take a taxi unaccompanied. **If you have not arranged to be accompanied home, your scope will be rescheduled to another day. There are no exceptions.**

Continue taking all of your prescribed medications, including Aspirin, up to the day of the procedure. The only exception is any non-ASA blood thinners (in which case call us immediately, as stated above).

*** Diabetic patients: please bring your glucometer with you to the clinic ***

PREPARATION

You will need to buy:

- **1 Bi-Peglyte® Colonoscopy Preparation Kit** (each box contains two sachets of fruit-flavoured PEG/Electrolytes powder and a blister pack of three tablets)

*Most local pharmacies carry these items. Prescriptions are not needed, just ask your pharmacist for them.

***IMPORTANT:** Although we do not recommend it, if your pharmacist substitutes these products, you must purchase both an oral purgative (such as Klean Prep®) **AND** a package of Bisacodyl tablets (such as Dulcolax®)

7 Days before the procedure:

- Stop taking fibre supplements (Flax seed, Metamucil®, etc). If possible, also stop eating fibre, grains and nuts. For more tips on a better prep please visit our website at <http://www.theoec.ca/tips--extra-info.html>

1 Day before the procedure:

- You will not eat today. You will be on a liquid diet until your colonoscopy is over.
- **Throughout the day (morning to night), drink a minimum of 4 litres of clear fluids. Do not drink only water. Vary your fluids.**
- Clear fluids include: water, apple juice, ginger ale, chicken or beef broth, tea (without milk – sugar is fine), Gatorade®, Jello®.
- **Do not drink coffee, dairy products, or anything coloured red or purple or blue.** Try to avoid dark-coloured beverages. Yellow and green are the safest options.
- Diabetics – continue your medication and take 1 meal replacement (such as Glucerna® or Resource®) at each meal time during your preparation today.
- **At 12:00 p.m. take the 3 Bisacodyl pills with water.** DO NOT chew or crush the Bisacodyl pills. Your first bowel movement will usually (but not always) occur 1-6 hours after taking the Bisacodyl pills. Just after taking the Bisacodyl pills, prepare one sachet/package of BiPegLyte for drinking later in the day. Mix the sachet/package of BiPegLyte with 1 litre of water only (do not add any additional flavouring). Put this solution in the fridge - do not drink the BiPegLyte solution yet.
- **At 6:00 p.m. start drinking the solution from the first sachet/package of BiPegLyte that you have cooling in the fridge.** Drink a 240 ml glass every 10 minutes. Rapid drinking of each glass is preferred. A watery bowel movement should begin in approximately 1 hour. Be sure to drink the entire 1 litre of the solution. Before going to bed, prepare the second sachet/package of BiPegLyte for drinking tomorrow by mixing it with 1 litre of water as you did with the first sachet/package. Do not drink the second solution yet - you will be drinking this tomorrow morning. Put the solution in the fridge for tomorrow.

Day of the procedure:

- Do not drink any coffee on the morning of your procedure. You should remain on clear fluids.
- **On the morning of your procedure (5:00 a.m. if your procedure is in the morning and 9:00 a.m. if your procedure is in the afternoon) start drinking the second litre of the BiPegLyte solution** that you prepared the night before. Drink a 240 ml glass every 10 minutes. Rapid drinking of each glass is preferred. Be sure to drink to entire 1 litre of solution.
- Diabetic patients: if you want to take a meal replacement, (such as Glucerna® or Resource®) you have to take it 6 hours prior to your procedure.
- **You will have nothing to drink three hours before the procedure, to ensure safety for the sedation.**

The more you drink more effective the preparation will be

*By this point, if you have been drinking enough water, your stool or bowel movements will be clear pale yellow liquid with no solids and will look almost like urine.

Remember to bring your OHIP card and a list of current medications. Please be sure to wear loose, comfortable clothing and flat shoes.

At the Procedure

This is a routine procedure.

You will be given the option of taking sedation and we recommend that you do so. Sedation relieves discomfort and relaxes the bowel since it is not used to things going in the opposite direction.

You can expect to be at the clinic for approximately 2 hours from the time you arrive until the time you leave. However, due to the nature of medical procedures, the time may be longer. Please ensure some flexibility on the part of the person picking you up at the clinic.

You will receive post colonoscopy instructions after your procedure is complete, including the preliminary findings.

A copy of your procedure report will be sent to your family doctor 6-8 weeks after your procedure. Do not contact the Oakville Endoscopy Centre for your results – they are to be discussed with your family doctor.

Directions

2125 Wycroft Road, back entrance, Oakville, Ontario.

Major Intersection: Third Line and Wycroft, south of the QEW.

There is ample parking.

If you have any questions, you can contact us at 905-842-3666.

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