



COLONOSCOPY INSTRUCTIONS FOR PATIENTS: **PEGLYTE PREP (2L/2L Split Dose)**

Vaughan Endoscopy Clinic Location and Details:

The clinic is located at the *northwest corner of Hwy 7 and Pine Valley Drive* (north of Hwy 407, between Hwy 400 and Hwy 427). Our medical building is at the far west end of the parking lot. **Please arrive 20 minutes before your procedure.** Ensure that you have arrangements to be driven home, as you **cannot drive for 12 hours** after your procedure. We suggest you be accompanied by a responsible adult to the appointment. There is a **\$60 block fee** for uninsured services (those not covered by OHIP) payable the day of your procedure (see website for more details or obtain a list of individual service fees from the clinic). Please leave jewellery at home and refrain from using perfume/ cologne. Wear comfortable clothing and no high heels since your gait may be unsteady after sedation.

Medication: Bring a list of your current medications or the actual pill bottles to your appointment. **You should take ALL your usual morning medications with a sip of water** (except diabetic pills, blood thinners, and iron). Do not take diabetic pills on the day of bowel preparation or on the day of the procedure until after you arrive home from the clinic. Check your blood sugar more frequently. Drink apple juice if your sugars are low. If you are on insulin please notify the clinic. You can take acetaminophen (Tylenol) for headaches but not aspirin. Take Gravol if nauseous due to the bowel prep.

Missed Appointment: A missed appointment fee of \$150 will be charged if **72 hours notice** is not given.

3 Days before your Colonoscopy: **Do not eat any foods that are high in fiber and stop all fiber supplements.** For example: no brown bread or brown rice; no bran, flaxseed, lentils, beans, or raw vegetables; no corn, nuts, seeds or fruits with seeds; no Metamucil or other fiber supplements. Stop iron pills until after the test.

Acceptable Clear Fluids: Consommé/broth, yellow or green Jell-O, water, apple juice, white grape juice, black tea/coffee (without milk), gingerale, soda water, sports drinks like Gatorade or Powerade (any colour except red, purple or orange). **Sports drinks** are strongly recommended because they contain electrolytes which will prevent light headedness and nausea.

Bowel Preparation: At least 2 days before your test purchase from your local pharmacy **Peglyte and Dulcolax**. These laxatives are available without a prescription. Follow instructions below not those on the package. (Colyte or other 4 L PEG based product may be substituted for PegLyte)

INSTRUCTIONS

Day Before Colonoscopy Procedure:

- **Before 10 a.m.** you may have a light, low fiber breakfast (for example: eggs, white toast, seedless yogurt) on the day before the colonoscopy.
- **After 10 a.m. do not have any solid food** the whole day (until after the test the next day).
- **Drink lots of Clear fluids throughout the day** – see list above. It is important to keep hydrated.
- **Before 3 p.m. take 2 tablets of Dulcolax** (this medication does not prevent you from going to work).
- Dissolve the contents of the sachet of Peglyte in 4 litres of water (16 cups) and mix rapidly until dissolved. Refrigerate until ready to drink in the evening (tastes better cold)
- **At 7 p.m. drink 2 litres** of the Peglyte/Colyte preparation (save 2 litres for next day). Rapidly drink a cup (250 mL) every 15 minutes over the next 2 hours. **PUT THE REMAINING 2 LITRES IN THE FRIDGE OVERNIGHT TO BE TAKEN THE NEXT MORNING.** You will likely have a watery bowel movement within 1 hour.

Day of Colonoscopy Procedure:

- **FOUR TO FIVE HOURS BEFORE YOUR SCHEDULED PROCEDURE** drink the remaining 2 litres (8 cups) of Peglyte/Colyte solution within 2 hours (one cup every 15 minutes until finished). **Ensure you have completed drinking everything at least two hours before your test.**
- For example for an 8:00 a.m. appointment, start to drink the Peglyte/Colyte at or before 4:00 a.m., ensuring you are finished drinking the 2 litres by 6:00 a.m.
- **Stop drinking any liquid 2 hours before test**, other than very small sips of water.

The above process will trigger frequent bowel movements and should result in yellow tinged liquid stool at the end of the prep. It is very important that you follow these instructions as specified otherwise your colon may not be clean enough and the doctor may ask you to repeat the colonoscopy. A poor bowel prep may result in lesions being missed.



See our website for more information at www.vaughanendoscopy.com
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COLONOSCOPY INFORMED CONSENT

How is colonoscopy done?

Colonoscopy is a test using a video camera on a long flexible tube designed to pass through your large intestine (colon) looking for abnormalities. The image is projected on a video monitor and the doctor steers the scope around your bowel. Sedation is provided to minimize any discomfort you may have. If necessary, the doctor will take biopsy specimens (tiny bits of tissue) or remove polyps (abnormal growths that can become a cancer).

How long will it take?

The procedure requires that your bowel be cleaned out the day before the test. Your colon must be completely clean so that a thorough examination can be done. Follow the bowel preparation instructions carefully or the procedure may have to be cancelled and rescheduled. The test usually takes approximately 20-40 minutes, however please allow for 2 hours at the VEC for registration and recovery after the procedure.

What can I expect during the colonoscopy?

An intravenous will be started. While you are lying on your side, the tube is inserted into the rectum and gradually advanced through the colon. The doctor will examine the lining of the bowel and perform any necessary biopsies or polyp removal. From time to time air may be used to inflate the bowel.

What are possible complications?

While all the doctors at the VEC are very experienced and use the utmost caution, there are well documented small risks associated with the procedure. However the risk of not getting screened is significant (1 in 20 lifetime risk for colon cancer).

- **Bowel Preparation:** There is a risk of dehydration with the bowel preparation. Drinking lots of fluids with electrolytes (like sports drinks) helps to increase the quality of the bowel preparation and also decreases the risks of dehydration and the associated risks. Ensure you drink 4 to 6 litres of clear fluids.
- **Drug reaction:** It is possible, although extremely unlikely, that you will develop a reaction to one of the medications. The reaction is usually mild and in the form of rashes, hives, or itching at the site of the IV catheter.
- **Perforation:** Puncture of the wall of the colon is very rare (1:1000 chance). If it occurs surgery might be necessary to repair the perforation and you will be hospitalized.
- **Bleeding:** There is a small risk of significant bleeding (1:100 chance) if a polyp is removed. Bleeding can occur up to 10 days later. This usually settles without further treatment and rarely blood transfusions or surgery may be required. Contact your physician or go to the emergency department if you have rectal bleeding of more than one half cup.
- **Missed abnormalities:** Some polyps or abnormalities might be missed. The risks are significantly higher if your bowel is not cleaned properly.

What can I expect after the colonoscopy?

Your pulse, respiration and blood pressure will be monitored. You may feel bloated or have some cramping. Due to the sedation given, your judgment and reflexes may be impaired for the rest of the day. You cannot drive or operate machinery for 12 hours post sedation. You must be accompanied home by a responsible adult; otherwise your appointment may be cancelled and rescheduled. You may resume your regular diet after leaving the VEC.

What am I consenting to?

You acknowledge that you have 1) read this information prior to taking the bowel preparation, 2) that the procedure and risks have been adequately explained to you, 3) that you authorize the VEC endoscopist to perform the procedure with the assistance of any other healthcare staff, 4) you have agreed to pay for any uninsured services selected (those not covered by OHIP) either on an individual fee basis or by a block fee

A missed appointment fee of \$150 will be charged if sufficient cancellation notice is not given (> 72 hours).

You will have an opportunity before the procedure to discuss your concerns with a physician or nurse at your request.



VAUGHAN
ENDOSCOPY
CLINIC

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PATIENT MEDICAL HISTORY

Referring Doctor's Name:	
Patient Name:	
(First)	(Last)
Day Phone #:	
Evening Phone #:	
Cell Phone #:	

Date of Birth:	Height:	Weight:
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SOCIAL HISTORY

of alcoholic drinks per week? None <input type="checkbox"/> , 1-7 drinks/week <input type="checkbox"/> , 8-20 drinks/week <input type="checkbox"/> , ≥ 21 drinks/week <input type="checkbox"/>
of cigarettes smoked per day? None <input type="checkbox"/> , 1-20 per day <input type="checkbox"/> , 21-25 (1 pack) per day <input type="checkbox"/> , ≥ 1 pack per day <input type="checkbox"/>
What type of work do you do? Employed <input type="checkbox"/> , Homemaker <input type="checkbox"/> , Retired <input type="checkbox"/> , or Specify _____
Marital Status Single <input type="checkbox"/> , Married <input type="checkbox"/> , Divorced <input type="checkbox"/> , Widowed <input type="checkbox"/>

MEDICATIONS:

• Are you currently taking Aspirin ?	<input type="checkbox"/> Yes <input type="checkbox"/> No
• Are you taking blood thinners ?	<input type="checkbox"/> Yes <input type="checkbox"/> No
• Any adverse reaction to sedation ?	<input type="checkbox"/> Yes <input type="checkbox"/> No
• Allergic reactions to any medications ?	<input type="checkbox"/> Yes <input type="checkbox"/> No
If yes, specify: _____	
• Currently taking any other medications?	<input type="checkbox"/> Yes <input type="checkbox"/> No
If yes, specify ALL MEDICATIONS below:	

MEDICAL / SURGICAL HISTORY:

• Have you had a Stress Test, Holter, Echo (ultrasound of heart) or Angiogram? <input type="checkbox"/> Yes <input type="checkbox"/> No Year: _____
• Do you have a personal or family history relating to colonic disease, including colonic polyps or cancer? If yes, specify _____
• Any other significant past Medical / Surgical history (must include all abdominal surgeries)? If yes, specify _____

A missed appointment fee of \$150 will be charged if sufficient cancellation notice is not given (72 hours prior to the procedure). Ensure that you read and carefully follow the Patient Instructions sheet starting 2 days before the test.

Patient Signature: _____

Date: _____