

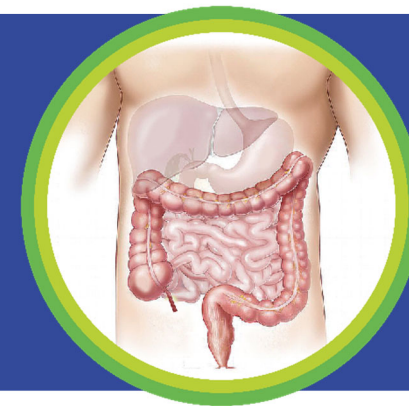
## Production

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## Colonoscopy

### Preparation with polyethylene glycol

Information brochure

Hôpital du Haut-Richelieu

Centre intégré  
de santé et de  
services sociaux de  
la Montérégie-Centre

Québec



Québec



You are about to have a colonoscopy. This test involves examining the inside of your colon and rectum with a camera. The procedure takes about 15 to 20 minutes. After the test, the nursing staff will keep you under observation for about 30 to 60 minutes. You should expect the appointment to take about 2 hours in total.

A colonoscopy is done to:

- Take biopsies or remove polyps;
- Control bleeding in the colon;
- Make a diagnosis.

## General information about your medication

- Bring an up-to-date list of your medications (provided by your pharmacist) with you to the test.
- Unless instructed otherwise by your doctor, you can take your medication as usual.



### Anticoagulants and antiplatelets (blood thinners)

If you are taking blood thinners, a nurse will call you before your colonoscopy.

Do not stop taking acetylsalicylic acid (Aspirin®) if your dose is less than 160 mg.

## After the test

- For the first few hours after your colonoscopy, it is normal to experience abdominal cramps, bloating or flatulence, since air was introduced into your colon during the test.
- You may experience **bleeding** for up to 7 to 10 days after a biopsy or a polyp removal.
  - You will probably notice blood in your stools as early as your first bowel movement.
  - The bleeding is usually minor and stops on its own.
- You may eat normally after the procedure, unless instructed otherwise by your doctor.
- You may start taking your regular medication again (including diabetes medication and blood thinners), unless instructed otherwise by your doctor.

## After you get home

Call your doctor or Info-Santé 811 immediately if you experience any of the following symptoms:

- Heavy rectal bleeding.
- Severe abdominal pain with or without nausea and vomiting.
- Fever higher than 38.5 °C (101.3 °F) or chills in the 24 hours after your test.
- Black stools.



**If you need to cancel your appointment, please notify us at least 72 hours before your test.**

Hôpital du Haut-Richelieu  
450-359-5000, ext. 5101  
Endoscopy Department, 3<sup>e</sup> Ouest

## The day of the test

### 4 hours before your test

Drink the rest of the container (1 liter), at the rate of 240 ml every 10 to 15 minutes. Stay on the liquid diet until 2 hours before your test, then stop drinking.

### Bring to the hospital

- A bag for your clothes
- Your health insurance card
- This information brochure



**\*A family member or close companion must accompany you for your return home following your examination, as you will receive medication that alters your alertness and prevents you from driving for 24 hours. Additionally, the companion must come to pick you up directly from the department.**

### Do not bring to the hospital

- Valuables
- Jewelry or body piercings
- Credit cards
- Avoid wearing contact lenses; wear your glasses instead

## Diabetes and insulin

If you are taking insulin, a nurse will call you before your colonoscopy.



If you do not hear from the nurse, call us one week before your appointment.

Hôpital du Haut-Richelieu: 450-359-5000, ext. 3750

### The morning of the test (if you are diabetic):

- **Do not take** your diabetes medication in pill form.
- Do a blood glucose (sugar) test before leaving home.
- Remember the result, because you will be asked for the number before your colonoscopy.
- Result: \_\_\_\_\_



**Do not stop taking any other medication unless instructed otherwise by a doctor or a nurse.**

## Pacemaker/Defibrillator

- Before the test, you will need to tell us whether your pacemaker is also a defibrillator.
  - If you do not know, find out from your cardiologist before your colonoscopy.



## Preparation at home (before the test)

After the preparation, your stools should be watery and look yellow like urine.



\*If you are constipated during the week before your test, you can start the low-fibre diet 3 days before the colonoscopy and start the liquid diet 1 day earlier (2 days before the colonoscopy).

### 7 DAYS before the test

- ☐ Stop taking your iron and fibre supplements.
- ☐ Pick up the following products from your pharmacy:
  - Bisacodyl (Dulcolax) 4 tablets
  - Polyethylene glycol (Colyte)

### 2 DAYS before the test

#### Low-fibre diet

Foods not allowed	Foods allowed
Brown bread/rice, multigrain pasta, whole grains	White bread/rice, white pasta, soda crackers
Legumes (lentils, chickpeas, etc.)	Fish, seafood, eggs, lean meat
Nuts and seeds, chips, popcorn, coconut	Puffed rice cereals
Fruits and vegetables	Dairy products, including cheese and yogurt

- ☐ **At 5 p.m.**, take two (2) **Dulcolax** 5 mg tablets.



Call the diet info line at 450-466-5000, ext. 4032, for examples of foods that are allowed (recorded message).

## The day before the test

### Liquid diet

- **Drink only clear liquids** throughout the day (about 240 ml of liquid per hour).
  - Water, clear (pulp-free) juice, chicken broth (no noodles), herbal tea, black tea, clear soft drinks, Jell-O (**no red or purple liquids**).
- Try to drink different liquids to maintain your nutrient intake.
- **Do not eat/drink:** dairy products, Ensure®, Boost®, vegetable juice, alcoholic beverages, dark soft drinks, solid foods.

### Preparing and taking the medication

- Add water up to the line on the **Colyte** container (for a total of 4 liters) and refrigerate.
- ☐ **At 4 p.m.**, drink 3 liters of the **Colyte** preparation. Drink 240 ml every 10 to 15 minutes.
  - Within 1 to 3 hours of drinking the preparation, your stools will gradually turn from solid to liquid.
- ☐ **At 5 p.m.**, take the remaining two (2) **Dulcolax** 5 mg tablets.
- ☐ **Stay on the liquid diet** as described above.



If you feel nauseous (like you want to vomit) or overly bloated, drink the Colyte preparation slower. But you still need to drink it all.