

## **MORNING COLONOSCOPY – COLYTE**

You have been booked for a colonoscopy appointment for \_\_\_\_\_

**Report to the ENDOSCOPY UNIT (6<sup>th</sup> floor) 1 hour prior TO CHECK IN.**

### **TWO WEEKS PRIOR – CONFIRM your appointment**

- You should receive an appointment reminder about 2 weeks prior. If you need to cancel and reschedule,

**Medications:** Notify \_\_\_\_\_ you are on these meds when booking the endoscopy:

- Aspirin**
- Blood thinners** \_\_\_\_\_
- Insulin or pills for diabetes** \_\_\_\_\_

### **ONE WEEK PRIOR – PREPARE for colonoscopy**

- If you need to cancel your appointment, please call the office **at least 7 days in advance**
- Arrange for a responsible adult to take you home after your procedure.
- Eat no seeds, grapes, corn, peas, tomatoes or cucumbers for 3 days prior to the test.
- Stop any Iron containing supplements for 3 days prior to the test

### **2 DAYS BEFORE**

- 8:00pm: take 2 x Bisacodyl (Dulculax) tablets with water**

### **THE DAY BEFORE – take the preparation**

- NO SOLID FOOD IS ALLOWED** but you should drink lots of clear liquids. (Clear broth, Jell-O, tea or coffee (black only), soft drinks, clear fruit juice, Powerade, Gatorade. )
- FOLLOW** the appropriate preparation instructions (see next page)
- PROPER PREPARATION IS EXTREMELY IMPORTANT FOR THIS TEST.**
  - IF YOUR STOOLS are NOT CLEAR** like apple juice then the prep has not finished

## **COLYTE INSTRUCTIONS FOR MORNING COLONOSCOPY**

### **COLYTE**

#### **4:00pm the day before**

- Add 4 L of cold water to the jug containing the COLYTE, mix well**
- Drink 8 x 250 mL glasses of the COLYTE as quickly as you can**



- Store the COLYTE mixture in the fridge as you finish it**
- Continue to drink clear fluids throughout the evening**

#### **8:00pm the night before**

- Drink 8 x 250 mL glasses of the COLYTE as quickly as you can**



- Continue to drink clear fluids throughout the evening.**
- NOTHING to eat or drink after midnight.**

## **DAY OF THE COLONOSCOPY PROCEDURE**

- On the day of the examination, have nothing to eat or drink for at least 4 hours prior to the colonoscopy. You may take your regular medications with sips of water.
- If you are having sedation for the procedure**
  - **ensure you have a responsible adult to pick you up**
  - **if you do not, your procedure may be cancelled or done without sedation.**
- Check List for What to Bring**
  - Health Card
  - Photo Identification
  - Bring all your medications (including insulin) with you or a Medication List.
  - Bring a garment bag with you for your clothing.
  - Do NOT bring valuables, jewelry, or large sums of money.

## **AFTER THE COLONOSCOPY PROCEDURE**

- During the procedure, you will be given a mild sedative by the intravenous route.
  - The total recovery time required in the hospital following the procedure is about 1 to 2 hours.
- Aside from drowsiness, you should feel normal when you leave the hospital.
  - However, you should not drive or operate any heavy machinery until the following day.
  - You should be able to resume eating light meals later in the day and return to normal activities the next day.
- Should you develop abdominal pain or unusual bleeding from the rectum
  - please **call** **office at 416-586-4800 ext** .
- If the symptoms are severe and you cannot get through to the doctor's office
  - please go to the closest emergency department.
- Biopsies take 10 to 14 days for results.
  - If you do not hear from us, and wish to have results, please contact us at  
and we will provide them.