

**** IMPORTANT: Please give the patient an updated list of medications. Thank you !**
NOTE : Please call the patient. At least 4 days before the appointment, the patient should have it in hand with the Colyte. Thank you !

Centre intégré
de santé
et de services sociaux
de Laval

Québec

If you are unable to attend your assigned appointment, we ask that you **CANCEL YOUR APPOINTMENT AT LEAST 5 DAYS IN** advance at (450) 975-5400 #3.

YOUR COLONOSCOPY APPOINTMENT

Date: _____ Time: _____

Physician's name: _____

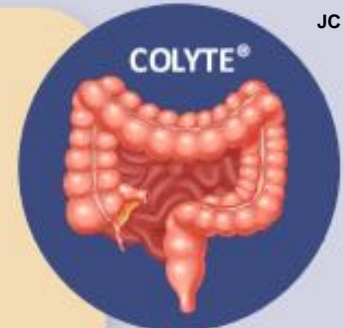
Patient's Name: _____

Tel.: _____

Pharmacy Name: _____

Tel.: _____ Fax: _____

Endoscopy Department
1755 René-Laennec Blvd. René-Laennec, Laval, H7M 3L9
Room RC-250



JC

Get the Colyte® at your pharmacy.

+ 2 bisacodyl tablets

What is a colonoscopy?

• A colonoscopy is a visual examination of the lining of your colon using a fiberoptic camera, also called a colonoscope. This examination allows us to diagnose and treat various problems of the colon.

What happens during the exam?

- You will meet with the doctor in charge of the examination and a nurse before the procedure.
- Your vital signs will be taken and a nasal cannula will be installed to allow the administration of oxygen.
- Intravenous medication will be administered at the beginning of the examination to help you relax and better tolerate the procedure.
- The colonoscope is then inserted into the anus by the doctor and gently pushed to the end of the colon.
- In order to visualize all the walls of the colon, a gas is injected into the colon, which may cause cramping or a feeling of bloating during the examination
- A nurse will be present to assist and reassure you throughout the procedure. The examination lasts an average of 20 to 30 minutes.

What happens after the exam?

- You will be directed to the recovery room for a minimum of 30 minutes of observation before being reassessed and discharged from the endoscopy unit.
- You may still be feeling the effects of sedation.
- You may experience temporary abdominal bloating or discomfort.
- You must absolutely be accompanied by a designated driver for the return trip due to the sedation received.

What are the possible complications associated with colonoscopy?

Colonoscopy is a safe procedure with very low risks when performed by qualified physicians. However, there are some possible complications:

- Bleeding < 1/100 - 200
- Perforation < 1/1000 - 2000
- Respiratory depression or side effects related to the drugs used
- Other complications related to your medical history

Instructions for people living with diabetes

Type 1 diabetes: take your insulin as directed by your endocrinologist or family doctor for exams where you need to be FASTING.

Type 2 diabetes: Do NOT take your oral diabetes medication or insulin on the day of the exam.



Since you will be receiving intravenous sedation **IT IS STRICTLY FORBIDDEN TO DRIVE A VEHICLE** or a period of 24 hours following the colonoscopy. For this reason, you should be accompanied on the day of the examination or arrange for transportation by cab.

If you are taking an iron supplement, please stop taking it 5 days before the exam.

You can continue your usual medications on the day of the endoscopy.

What to bring on the day of the exam?

- Complete and up-to-date list of all your medications
- Hospital card and health insurance card
- Name and mailing address of your family doctor
- Leave your jewelry, piercings and valuables at home
- Do not put cream on your body

FOR A GOOD QUALITY EXAMINATION

FOODS TO AVOID 3 DAYS BEFORE THE EXAM:

You are entitled to all foods not mentioned in this list.



- Brown bread, multigrain pasta, cereal, brown rice;
- Legumes (red beans, lentils, chickpeas, dried peas, etc.);
- Seeds and nuts;
- Leafy green vegetables or with peels and fruits with small seeds or peels (strawberry, raspberry, kiwi, watermelon, blackberry, grape, tomato, unpeeled apple);
- Chips, popcorn, coconut, corn, peanut butter, Ensure.

THE DAY BEFORE THE EXAM, NO SOLID FOOD IS ALLOWED, EAT ONLY CLEAR LIQUIDS



- Water or ice;
- Clear juices without pulp (apple, white grape, lemonade);
- Jell-O and Popsicle (except red or purple);
- Beef and chicken consommés or broths (no noodles, no vegetables, no solid residues);
- Herbal tea, tea, coffee (without cream or milk or milk substitute);
- Clear soft drinks (Sprite, 7-up, Ginger-Ale);
- No red- or purple-colored beverages; no alcoholic beverages; no opaque beverages;
- No dairy products (milk, cream) or substitutes (almond milk, soy).

IMPORTANT:

If a gastroscopy is also scheduled on the day of your colonoscopy, do not take any other fluids after completing step 4. If you are diabetic and have low blood sugar, use over-the-counter sugar tablets from the pharmacy.

THE DAY BEFORE THE COLONOSCOPY

THE MORNING

1. A fiber-free diet is allowed before **8:00 a.m.** Thereafter, a strict liquid diet is indicated. Refer to the list of clear liquids in the previous section.
2. Prepare the Colyte® solution as follows: add tap water to the (total volume of 4 L). Replace cap firmly and mix well until all ingredients are dissolved.
3. No additional ingredients, such as flavorings, should be added to the solution.
4. Refrigerate the solution to improve the taste.

AFTERNOON

Take the 2 bisacodyl tablets with water **around 3:00 p.m.**

Do not chew or crush the tablets. No antacids are allowed within one hour of taking bisacodyl tablets.

THE EVENING

Around 7:00 p.m.: quickly drink 1 glass of the first solution (about 250 ml) every 10 minutes, until you have drunk the entire 2 liters of solution (8 glasses in all).

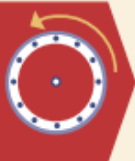


Check off each drink after consumption

*It is important to drink plenty of water during preparation, unless otherwise advised by your doctor.

THE DAY OF THE COLOSCOPY (Clear liquids allowed until 2 hours before your appointment unless a gastroscopy is also planned)

STEP
4



4 hours before your appointment, quickly drink 1 glass of the second Colyte® solution (about 250 mL) every 10 minutes until you have drunk the entire 2 liters of solution (8 glasses in all).



Check off each drink after consumption

Precautions:

Bloating or abdominal distension may occur before your first bowel movement. If abdominal distension or discomfort persists, temporarily stop drinking Colyte® solution or drink each 250 mL serving at longer intervals (more than 10 minutes) until symptoms disappear.

To clean thoroughly your bowel, we recommend that you drink additional liquids during the Colyte® preparation.