



Information on Preparing for a Colonoscopy
Professional services branch

USER IDENTIFICATION File number : _____
LAST NAME : _____
FIRST NAME : _____ SEXE : F M
ADDRESS : _____
ZIP CODE : _____ PHONE #. : _____
DATE OF BIRTH : ____/____/____
HEALTH INSURANCE NO : _____ EXP : ____/____

POSSIBLE COMPLICATIONS ASSOCIATED WITH A COLONOSCOPY

Colonoscopies and polyp removal are safe procedures. There can, however, be complications.

- **Bleeding:** Bleeding may occur after a biopsy or polyp removal (1 or 2 possible cases/100). Bleeding will generally be mild and stop on its own. Heavy bleeding is rare. If it does occur, cauterization may be used.
- **Infections:** All instruments used in diagnostic and therapeutic digestive endoscopy must undergo high-level disinfection. Digestive endoscopes are subject to reprocessing procedures that control the risk of infections.
- **Side effects, respiratory depression and allergic reactions to the drugs used:** These may occur. The procedure may involve the use of medications (a sedative and/or analgesic). If this is the case, make sure you tell the nurse or doctor if you have had any drug reactions in the past.
- **Perforation of the colon:** This risk is very rare (1 possible case/1000). Research has shown a very low risk of colon perforation, particularly for a first-time colonoscopy.
- **Other complications:** Other complications may occur based on your medical history. Make sure you tell the nurse or doctor about your medical and surgical history.

INSTRUCTIONS:

Please read the information below and mark an "X" in the once you have done so:

I have read and understood the possible complications listed above.

Please read the information below and mark an "X" in one of the two once you have done so:

I agree to the procedure without a prior consultation with the medical specialist. I understand, however, that on the day of the procedure, I will have the chance to speak with the colonoscopy specialist regarding the procedure and its possible risks and complications.

I wish to consult with the medical specialist before the procedure and I understand that this request will lead to additional wait time. I agree to fully complete this form and fax it to the endoscopy department as soon as possible: 450-975-5036. Please make sure you have filled out all the information in the right-hand corner of the form and signed and dated the document.

_____/_____/_____
Signature of user or legal representative year month day

➔ **Please hand in this form at the endoscopy reception desk on the day of the procedure so it may be added to your file.**



If you can not be present at your personal appointment, we require that you call us at least 5 days in advance **TO POSTPONE YOUR APPOINTMENT** at this number **(450) 975-5400**. This will enable someone else to have their test.

YOUR COLONOSCOPY APPOINTMENT

Date: _____ Time: _____

Doctor's Name: _____

Patient's Name: _____

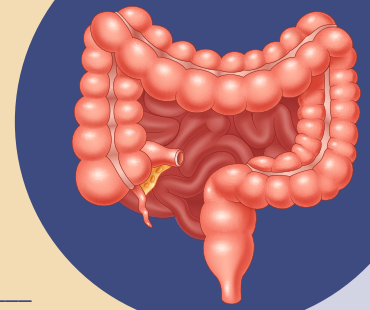
Tel: _____

Drugstore's Name: _____

Tel: _____ Fax: _____

Hôpital de la Cité-de-la-Santé
Service Endoscopie
1755, Boul. René-Laennec, Laval, H7M 3L9

Bi-PEGLYTE



What is a colonoscopy?

- A colonoscopy is a procedure in which a doctor examines the colon to detect any inflammation, polyps or cancer.

What takes place during the examination?

- A colonoscope is a flexible tube the width of a finger that is equipped with a camera. It is inserted through the anus and gradually advanced through the entire colon up to the cecum.
- To ensure good visualization of all the walls of the colon, CO₂ is injected into the intestine. This can cause cramps or a bloating feeling during the test.
- To reduce the discomfort associated with the procedure, you will be given drugs intravenously to help you relax and make you drowsy. The examination takes about 20 minutes.

What happens after the examination?

- After the examination, you will be kept under observation until the effects of the medications have almost completely worn off (about 30 minutes).

What are the potential complications?

- A colonoscopy is a safe procedure with very low risks when performed by a qualified physician. However, there are certain potential complications:
 - Bleeding < 1/100 – 200
 - Perforation < 1/1,000 – 2,000
 - Infections
 - Side effects, respiratory depression, or allergies to medication
 - Other complication due to your medical history



If medication is needed for your examination, **YOU CAN NOT DRIVE A MOTOR VEHICLE for 24 hours, consequently a responsible adult should be present during the procedure and accompany you home afterwards.**

What you need to bring on the day of the examination?

- Slippers and dressing gown
- A complete list of all your medications, as provided by your pharmacist
- Your health insurance card and hospital card
- Name of your family doctor and his address
- Leave any jewelry, piercing jewelry or any other valuables at home
- Avoid putting cream on the body

ENSURING THE QUALITY OF YOUR EXAMINATION

A) Diet

FOODS TO BE AVOIDED DURING THE 3 DAYS PRECEDING THE TEST:



- Brown bread, multigrain pasta, cereals and brown rice (fibres);
- Beans and legumes (red beans, lentils, chick peas, dry peas, etc);
- Seeds and nuts;
- Fruits with small seeds (strawberries, raspberries, kiwis, watermelon, blackberries, grapes, tomatoes);
- Chips, popcorn and coconut;
- Corn;
- Peanut butter;
- Ensure.



LIQUIDS TO BE AVOIDED (the day before only)

- **NO** red or violet beverages
 - **NO** alcoholic beverages
 - **NO** milk or dairy substitutes
 - **NO** liquids that you can't see through
- * **Avoid all dairy products (milk or cream) and substitutes (almond milk and soya milk).**



ALLOWED LIQUIDS (all the time)

- Water or ice;
- Clear juice without pulp (apple, white grape or lemonade);
- Jell-O and popsicles (except red or purple);
- Beef or chicken consommé or broth (without noodles or vegetables and with no solid residue);
- Herbal tea, tea or coffee (without cream, milk or milk substitute);
- Clear soft drinks (Sprite, 7-Up or ginger ale).

ON THE DAY BEFORE YOUR COLONOSCOPY

B) Preparation

STEP

1



IN THE MORNING

1. You can have breakfast before **8 AM**. After that you will be on a liquid diet
2. Prepare the Bi-PegLyte solution as follows:
 - a) Pour contents of 1 full pouch into 1 litre of water (32 ounces);
 - b) Stir for 2 or 3 minutes until the solution is clear.Repeat steps **a) and b)** with the second pouch.
Store both solutions in the refrigerator to improve the taste.

STEP

2



IN THE AFTERNOON

- Take the 3 bisacodyl tablets with water **around 3 p.m.**
- Do not chew or crush the tablets. No antacids are allowed for one hour after taking the bisacodyl tablets.

STEP

3



IN THE EVENING

- At around 7 p.m.:** Quickly drink 1 glass of the first solution (about 250 mL) every 10 minutes until you have finished the entire litre of solution (4 glasses in all).



Check each glass after drinking it

ON THE DAY OF THE COLONOSCOPY (Clear liquids are allowed with 2 hours before your appointment)

STEP

4



- 4 hours before** your appointment: Quickly drink 1 glass of the second Bi-PegLyte solution (about 250 mL) every 10 minutes until you have finished the entire litre of solution (4 glasses in all).



Check each glass after drinking it

Precautions:

Abdominal bloating or distention may occur before your first bowel movement. If the discomfort persists, temporarily stop drinking the Bi-PegLyte solution or drink each portion of 240 mL at longer intervals (more than 10 minutes) until the symptoms disappear.

If you experience severe bloating, distention or abdominal pain, administration of the solution should be slowed or temporarily discontinued until the symptoms abate. Report these events to your physician.

To clean thoroughly your bowel, we recommend that you drink additional liquids during the Bi-PegLyte preparation.