

_____ : You have been booked for a colonoscopy with

DOCTOR: _____ DATE: _____

Admission Time: _____ Your procedure will take place approximately one hour following your admission time.

*****48 HOURS NOTICE MUST BE GIVEN TO REBOOK OR CANCEL THIS PROCEDURE (306 766-6943) SO THAT WE CAN UTILIZE THIS APPOINTMENT FOR ANOTHER PATIENT*****

PLEASE REPORT TO THE ADMITTING DEPARTMENT (14th or 15th Ave. Entrance) AT THE REGINA GENERAL HOSPITAL 1440-14TH AVE., REGINA, SK AND THEN TO ENDOSCOPY.

*****PLEASE BE AWARE THIS IS A SCENT-FREE ENVIRONMENT*****

COLONOSCOPY INSTRUCTIONS EXTRA PREP USING PEGLYTE, PICO-SALAX, LOW RESIDUE DIET & CLEAR FLUIDS

If you are taking Warfarin or an 81 mg Aspirin, please continue as usual.

*****IF YOU ARE ON A BLOOD THINNER OTHER THAN WARFARIN OR ASPIRIN, PLEASE CALL OUR OFFICE AT 306 766-6943 FOR INSTRUCTION*****

- 1. STARTING FOUR DAYS PRIOR TO COLONOSCOPY: Follow a low residue diet (see page 2) and drink plenty of fluids. You need to follow this diet until you start clear fluids 48 hours prior to your colonoscopy.**
- 2. CLEAR FLUIDS ONLY FOR 48 hours prior to colonoscopy . You can have clear fluids up until 1 hour prior to your admission, and then have no more to drink. Examples of clear fluids are water, sports drinks, fruit juice with no pulp, decaffeinated coffee or tea, jello, 7-Up, and clear soup broth. If you have DIABETES and need help in managing your DIABETES on this diet, please contact your family doctor or MEDEC (Metabolic and Diabetes Education Centre) at 766-4540. **DO NOT take your insulin or diabetic medication the morning of your procedure, test your blood sugar, record the result to give to the nurse that admits you.****
- 3. Have no alcoholic beverages for 24 hours before the procedure.**
- 4. Please purchase one bottle of PEGLYTE * (4L jug) AND one box of the oral laxative PICO-SALAX* (no substitutions) containing 2 packets of the laxative. Follow the instructions inside the box on how to mix the PICO-SALAX but follow the instructions below on when to take the laxative.**

TWO DAYS BEFORE YOUR COLONOSCOPY:

Take 1st dose of PEGLYTE - 2 Litres consume within 2 hours – start at 9am

Take 2nd dose of PEGLYTE - 2 Litres consume within 2 hours – start at 2pm

THE DAY BEFORE & THE DAY OF COLONOSCOPY:

**For 7:00 – 10:00 Admission time: Take 1st pack of Pico-Salax prep at 7pm the evening before your procedure
Take 2nd pack of Pico-Salax prep at 5am the morning of your procedure**

**For 11:00 – 2:00 Admission time: Take 1st pack of Pico-Salax prep at 7pm the evening before your procedure
Take 2nd pack of Pico-Salax prep at 8am the morning of your procedure**

Please buy this laxative at a drug store or pharmacy. Buy this at least one week before your examination to make sure your pharmacy has the laxative in stock.

5. You may take any medications you need to take the morning of your exam (other than blood thinners). Please bring all the medications you are on with you to the hospital.
6. You will be at the Regina General Hospital for approximately three to four hours.
7. You will need to arrange to have someone pick you up after the examination as you will have had medication that will make you legally impaired to drive following the procedure.
8. Please leave all jewellery and valuables at home. Please remove fingernail polish.

LOW RESIDUE DIET

(Follow 4 days prior to colonoscopy prior to the 48 hours of clear fluids)

Do the best you can, this is a guideline only. You want to choose foods that are soft and have little or no dietary fiber.

Foods to include (Low fiber/residue foods)

- White bread, buns, bagels, English muffins
- White rice, refined pasta and noodles (not the whole wheat variety)
- Plain cereals e.g. Cheerios, Cornflakes, Cream of Wheat, Rice Krispies, Special K
- Arrowroot cookies, tea biscuits, soda crackers
- Fresh fruits without peels or seeds (i.e. banana, peeled apple, peach, pear)
- Tender, ground, and well cooked meat, fish, eggs, and poultry
- Milk and yogurt (limit to 2 cups), soft mild cheese, ricotta, cottage cheese
- Butter, mayonnaise, vegetable oils, margarine, plain gravies and dressings
- Pulp free, strained, or clear juices
- Soup broth

Foods to avoid

- All vegetables, raw or cooked, including onions, lettuce or other leaves
- Whole grain breads and pastas, corn bread or muffins, products made with whole grain products, or bran
- Strong cheeses, yogurt containing fruit skins or seeds
- Tough meat, meat with gristle
- Crunchy peanut butter
- Millet, buckwheat, flax, oatmeal
- Dried beans, peas, and legumes
- Dried fruits, berries, other fruits with skin or seeds
- Chocolate
- Food containing coconut
- Juices with pulp
- Highly spiced food and dressings, pepper, hot sauces
- Caffeine
- Popcorn
- Nuts, seeds, flax, kiwi