

PEGLYTE PREPARATION INSTRUCTIONS

In order for your test to be a high-quality examination, it is critical that you and your bowel be properly prepared. If you are not well prepared, the test may need to be cancelled or repeated. **Please follow the instructions below carefully.**

WHAT YOU WILL NEED:

- 1. Peglyte Laxative + Dulcolax tablets (2 x 5mg)**
- 2. No nuts, seeds, or skins** one week before the test
- 3. All clear liquid diet one day before the test**
- 4. Someone to drive you home** after the test
- 5. Health card**

ONE WEEK BEFORE THE TEST

- Avoid foods with **nuts, seeds, or skins** (no multigrain bread, tomatoes, strawberries, beans, etc.).
- Stop any iron supplements. You should continue your other prescription medications.

ONE DAY BEFORE THE TEST

- **NO SOLID FOOD.** Clear fluids only.
- **No RED liquids** – red stains the colon and cannot be distinguished from blood.

Acceptable Fluids

Clear fluids include chicken/vegetable broth, clear tea (no milk), ginger ale, apple juice, Jell-O, Sprite, etc. You may drink blue, yellow or green-coloured PowerAde or Gatorade.

All laxatives can cause dehydration so it is important to drink plenty of liquids that have some salt/electrolytes in them like chicken/vegetable broth, Gatorade, and PowerAde.

Do NOT just drink plain water.

- **Dulcolax/Peglyte**

The day before the test – in the morning

- Take one Dulcolax 5mg tablet

The day before the test – in the evening (around 6pm)

- Take a second Dulcolax 5mg tablet

IF YOU HAVE BEEN GIVEN A BOX CONTAINING 4 POUCHES.....

The day before the test – in the evening (around 6pm)

- Prepare the first dose of the Peglyte laxative by adding 2 litres (64 oz) of cold water to 2 packs of Peglyte. Stir well.
- Drink one glass every ten minutes until you have finished it.

IF YOU HAVE BEEN GIVEN A JUG WITH POWDER IN THE BOTTOM.....

The day before the test – in the evening (around 6pm)

- Fill the jug to the “fill line” indicated. Replace cap tightly and shake well.
- Drink one glass every ten minutes until you have finished approximately HALF of the contents. Once HALF of the contents have been consumed, replace cap, and leave remaining product in the fridge overnight.

*** It usually takes one to two hours before you have your first bowel motion. Gravol may be taken 30 minutes before taking the laxatives.

THE DAY OF THE TEST

- **NO SOLID FOOD.** Clear fluids only.
- **Drink the second dose of Peglyte 6 hours before your test,** as you did the night before. You may have to get up very early to do this, but it is important, as it will give the best results.

Time: _____

- **Stop all fluids 3 hours before the test.** This includes no smoking/vaping, no mints/candy and no chewing gum.

Time: _____

- **Do not** take any **sugar-lowering tablets,** or **water pills** the morning of the test. You can restart these medications after the test.
- You can take your prescription medication including blood pressure pills and Aspirin, with a sip of water in the morning.
- Peglyte is covered by some **drug plans.** Prescriptions are available upon request.

Appointment date: _____

Arrival Time: _____

Procedure Time: _____



SCOPE Clinic

Screening Centre for Outpatient Endoscopy

12-470 Chrysler Drive, Brampton, ON L6S 0C1 Tel: (905)790-9030 Fax: (905)790-7487

Dear Patient:

Your Family Doctor has sent you for a colonoscopy. This test allows us to look inside your colon and rectum (large bowel) with a soft, flexible tube that is about 1 metre in length and the diameter of your finger. The tube has a light and a camera on the end of it so that we can see the image on a television monitor. If you remain awake, you will be able to see the image also.

The reason you are having this test done is so that we may identify growths in your colon called polyps. If we see these polyps, we will remove them at the time of this test if we feel that it is feasible and safe to do so. It is important to remove polyps because some of these polyps will eventually turn into colon cancer. By removing polyps at an early stage, it should be possible to prevent colon cancer in the majority of cases.

We recognize that you may have no symptoms and that you are probably thinking that colon cancer is very unlikely to affect you. The fact is that by the time you have symptoms such as abdominal pain, rectal bleeding or a change in your bowel movements, the growth (or polyp) may be very large and may already have cancer within it. Our goal is to act before this stage.

Colon cancer is actually very common, affecting about 6% of the population during a lifetime. The risk is even higher if there is a family history of colon cancer or a personal history of colonic polyps. This ranks only behind lung cancer in cancer-related deaths affecting both sexes. It is only slightly less common than breast cancer in women and prostate cancer in men. Therefore, if you have mammograms and a PSA test to screen for breast and prostate cancers, then having a colonoscopy would be an additional step to try to reduce your cancer risk.

The test is usually straightforward. It lasts about 15-20 minutes (on average). You are required to arrive a half hour before the test time and you will probably be there for about 30 minutes after the test is completed to allow for your recovery. You are given an intravenous sedative during the test to allow for greater comfort. Most people do not find the test excruciatingly painful (contrary to popular belief). Discomfort is usually mild and transient during the test. On the occasion that moderate or more severe discomfort occurs during the test, we will administer more medications if the situation permits.

Cancellation Policy:

At the SCOPE Clinic, we aim to provide high quality colonoscopy, convenience, and timely access. There are no charges to the patient related to the provision of these services. However, we do require notice of cancellation **4 business days prior to your scheduled procedure**. If you cancel your appointment without giving the required notice, or if you fail to attend your appointment, there may be a cancellation fee billed to you.

You must not drive on the day of your colonoscopy. Someone must accompany or drive you home after your colonoscopy. It is best to have someone stay with you or check in on you for the rest of the day.

The day before the test, you need to cleanse your colon with a laxative. You will be given instructions regarding this process. You should also stop certain medications. It is important to limit your diet to clear fluids on the day before the test and to avoid nuts and seeds for one week prior to your test. Soon after the test, you will be able to eat again.

This test is usually quite safe. You are having this test done by an experienced physician. All of the gastroenterologists in our group have special training and experience in doing these procedures. Despite our expertise and experience, this is an invasive test and there is a very small risk of perforation. This risk is about 1 in 3000. If this occurs, you may need surgery to repair your colon. Keep in mind that the chance of having a large polyp, or even cancer, is greater than the risk of perforation. Bleeding is infrequent and can often be handled at the time of the colonoscopy. If excessive bleeding occurs within 14 days of the test, you must go to the emergency department.

Other less invasive colonic screening modalities are available (such as fecal occult blood testing and barium enema x-rays), but colonoscopy remains the most accurate. Patients who have an abnormal result from either of those two tests will need to undergo a colonoscopy for further evaluation.

If you have any further questions about this test, please do not hesitate to ask.

Sincerely,

SCOPE Clinic Doctors



SCOPE Clinic

Screening Centre for Outpatient Endoscopy

12-470 Chrysler Drive, Brampton, ON L6S 0C1 Tel: (905)790-9030 Fax: (905)790-7487

Patient Questionnaire – please complete and bring with you

Name:	DOB:	Age:	Gender: M F
Address:			
Healthcard #:		Preferred Phone #:	
Marital Status: Married Single Common-law Widowed Divorced		Occupation:	
Alcohol:	Y N	If yes, average daily amount:	
Tobacco:	Y N	If yes, average daily amount:	
Marijuana/THC:	Y N	If yes, average daily amount:	

Please tell us about your health:

	Y	N	Please Specify:
Do you have FREQUENT bowel problems?			
Has your bowel function changed?			
Have you ever passed blood?			
Do you have serious abdominal pain?			
Recent weight loss?			If YES, then was the weight loss voluntary? YES NO
Females: Any chance of pregnancy?			

Family History of Colorectal Cancer and/or Polyyps (Circle answer): YES NO

	If yes, who in your family? (list family members below, e.g. mother, uncle, etc.)
Colon/Bowel Cancer	
Colonic Polyyps	

Please list your MEDICAL CONDITIONS and past SURGERIES:

Please list your MEDICATIONS (Name, Dosage, Frequency):

Drug Allergies? _____

EMERGENCY CONTACT: _____

PHONE: _____

Who is driving you home today?

Name: _____

Relationship: _____

Phone number: _____

Which laxative did you take?

BiPeglyte (2 litres)

Peglyte (4 litres)

Other: _____