



## Colonoscopy Instructions Using PegLyte - PM

Name of Patient: \_\_\_\_\_

Your colonoscopy has been scheduled on \_\_\_\_\_ at  
Advance Endoscopy & Specialist Center located at

- Suite 303, 2227 South Millway, Mississauga ON L5L 3R6
- Suite 206, 688 Coxwell Avenue, Toronto, ON M4C 3B7
- Suite 3100, 222 King Street East, Bowmanville, ON L1C 1P6

**Please Arrive 30 min prior to your scheduled appointment.**

**\*\*Please note that we require a 3-business-day notice in order to cancel or reschedule an appointment. A \$100 fee will be applied for last minute cancellations and NO SHOWS.\*\***

### **THE WEEK BEFORE YOUR PROCEDURE:**

- Please inform our office if you are taking blood thinners, i.e. Plavix, Coumadin, Warfarin, Clopidogrel, Brilinta, etc. If you have not been advised about stopping this medication prior to the procedure, please call our office for instructions.
- Kindly inform our office if you are taking medical cannabis.
- You should avoid nuts and food products containing seeds for 5 days prior to your procedure.
- Please purchase 1 box (4 sachets) or 1 Jug of PegLyte and 3 Dulcolax tablets at your drugstore.

### **ON THE DAY BEFORE YOUR PROCEDURE:**

- You may have a light breakfast and lunch by **12 noon** and then remain on a CLEAR FLUID diet until your procedure is finished. **NO SOLID FOOD AT ALL** . You may drink water, apple juice, white cranberry juice, Gatorade (not red or blue) and ginger ale. Clear broth soups can also be consumed. **Be sure to drink plenty of liquids throughout the day!**
- At 5 pm, take 3 Dulcolax tablets all at once.
- Between 6:00 pm and 9:00 pm, drink 2 litres of PegLyte. The box contains 4 sachets, dissolve the 1<sup>st</sup> sachet in 1 litre of clear drink or water and start drinking. Repeat this process for the 2<sup>nd</sup> sachet. You may take Gravol if you experience nausea. If you have purchased the jug, add 4 litres of clear drink or water and start drinking. You should expect to have diarrhea like symptoms during drinking this liquid.



**ON THE DAY OF YOUR PROCEDURE:**

- The third and fourth sachet OR the remaining 2 litres of the jug should be consumed in the morning of your appointment, about 3 hours prior to your scheduled colonoscopy. Your stools should run clear or yellowish by this time.
- **STOP TAKING ANY FLUIDS 3 HOURS BEFORE YOUR APPOINTMENT. DO NOT CHEW GUM EITHER.**
- If you are diabetic, do not take your 1<sup>st</sup> diabetic medication the morning of the procedure. Take all other regular medications unless otherwise informed by the doctor.
- **DO NOT** consume recreational cannabis, alcohol, or any other recreational drugs 24 hours before the procedure.
- Please leave all your jewelry and valuables at home, Advance Endoscopy is not liable for any loss or damage to the same. Please bring your health card.
- You will not be able to drive after the procedure as you will be given sedation for a comfortable procedure. **You must** have a responsible adult escort you home or if you choose to go by taxi or public transit, you must be accompanied. Your procedure will be **CANCELLED** if you do not have appropriate arrangement.
- Please be advised that your stay at our facility could take up to 2 hours. We make all efforts to be able to complete the procedure in a timely manner but due to unexpected procedure complications there could be a delay. We appreciate your understanding and patience in this regard.

**\*\* Please inform us ASAP if you have a family history of malignant hyperthermia\*\***

