

## Preparation for Balloon Assisted Enteroscopy (oral)

CoLyte (pineapple flavor) or PegLyte (fruit flavor)

PROPER PREPARATION IS EXTREMELY IMPORTANT FOR THIS TEST.

A clean bowel is essential for the success and safety of your colonoscopy. Your appointment will be cancelled if the following instructions are not followed and proper bowel preparation is less than adequate.

### IMPORTANT DIETARY AND MEDICATION RESTRICTIONS

- If you are diabetic, you must speak with **your family physician** (or the physician who prescribed your diabetes medication) about using insulin or pills for your diabetes on the day of your procedure.
- If you are taking Aspirin, arthritis medications, Metamucil or iron, speak with the physician who prescribed these medications about whether or not you need to stop them at least one week before your procedure. You are allowed to use acetaminophen (Tylenol) if needed.
- If you take warfarin (Coumadin), low molecular weight heparin (e.g. Fragmin, Lovenox) or Plavix, discuss with your prescribing specialist or family doctor if these medications can be safely stopped one week prior to your examination. If you have an artificial heart valve, you will be given specific instructions.
- Eat no seeds, grapes, corn, peas, tomatoes or cucumbers for 5 days prior to the test.
- Avoid all alcohol 48 hours before and after the procedure.

### ONE DAY PRIOR TO THE PROCEDURE

1. At 8:00 p.m., begin drinking the two (2) liters of chilled CoLyte or PegLyte laxative – 2 liters is half of the jug. Do not serve this with ice. Drink 8 ounces (250 mL) at a time, every 10 to 20 minutes. The two liters should be completed by 10:00 p.m.
2. Continue taking clear fluids up to midnight. Do not eat any solids. Clear fluids include clear soup broth, Jell-O, tea or coffee (black only), soft drinks, clear fruit juice, Powerade, Gatorade. Avoid red, blue and green colour liquids including Jell-O and popsicles.
3. After midnight, you must not drink anything (including water).

### THE DAY OF THE PROCEDURE

In the morning, take your medications with a sip of water unless otherwise specified.