

Preparation for Balloon Assisted Enteroscopy (rectal or oral/rectal) 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. Clear fluids only starting at breakfast.
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 coloured liquids, including Jello and popsicles.
2. Drink a large amount of clear fluids to keep hydrated. As a guideline, you should drink at least 2 liters of clear fluids during the day before 5:00 p.m. If you need to restrict the amount of fluids, please speak with your doctor.
3. At 6:00 p.m., begin drinking the four (4) liters of chilled CoLyte or PegLyte laxative. Do not serve this with ice. Drink eight (8) ounces (250 mL) at a time, every 10 to 20 minutes. The four liters should be completed by midnight. Drink another 1 to 2 liters of clear fluid while taking the laxative.
4. If you experience nausea, stop drinking the CoLyte or PegLyte laxative for about one (1) hour and then start taking the laxative again. A dose of Gravol 25 – 50 mg (anti-nausea medication) may be taken every 4 to 6 hours as required. It is also recommended to take sips of clear fluids if nausea occurs.
5. After midnight, do not eat or drink anything, including water.

THE DAY OF THE PROCEDURE

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