

## Preparation for Gastroscopy and Colonoscopy

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.
- 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.
- Eat no seeds, grapes, corn, peas, tomatoes or cucumbers for 3 days prior to the test.

### ONE DAY PRIOR TO THE PROCEDURE

1. Have clear fluids only.  
Clear fluids include clear soup broth, Jell-O, tea or coffee (black only), soft drinks, clear fruit juice, Powerade, Gatorade.
2. At 2:00 p.m., take two domperidone (Motilium) tablets with a glass of water.
3. At 4:00 p.m., begin drinking eight ounces (250 mL) of slightly chilled CoLyte or PegLyte every ten minutes until the entire four liters are consumed. Do not add ice to this drink.  
CoLyte or PegLyte is available at your pharmacy without a prescription.

### THE DAY OF THE PROCEDURE

1. Take your medications with a sip of water.
2. If your appointment is in the morning, have nothing to eat or drink.  
If your appointment is at noon or later, have clear fluids only up to four (4) hours prior to your procedure.