

## Preparation for Ileoscopy

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 ileoscopy. 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 taking Metamucil or iron, stop them at least one week before your examination.
- If you take blood thinners such as 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 are taking Aspirin or arthritis pills, you can continue them until 24 hours prior to the procedure.
- If you are diabetic, you must speak with **your family physician** about insulin or oral hypoglycemic agent use on the day of your procedure.

**Bring extra ostomy supplies** with you, including a bag and flange/wafer, in case yours gets soiled during the procedure.

### ONE DAY PRIOR TO THE PROCEDURE

1. Starting at noon, 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 6:00 p.m., take 20 mg of domperidone (Motilium)
3. At 8:00 p.m., start drinking 2 liters of slightly chilled CoLyte or PegLyte. It is best to drink 8 ounces every 10-15 minutes until the 2 liters are finished.

### THE DAY OF THE PROCEDURE

1. In the morning take your medications with a sip of water.
2. Remember to bring extra ostomy supplies with you, including a bag and flange/wafer, in case yours gets soiled during the procedure.