**PREPARING FOR AN AFTERNOON COLONOSCOPY AT THE ROCKY VIEW HOSPITAL, GI UNIT (BASEMENT)**

**DATE OF COLONOSCOPY: July 11, 2022. Please arrive at 12:45 pm**

* You must not drive for 24 hours after the procedure.
* When you leave the hospital, you must be accompanied by a responsible adult.
* You cannot take a taxi or public transportation alone.
* Waiting lists for a colonoscopy are long. Cancelling an appointment with insufficient notice prevents us from booking another patient into that appointment, thus contributing to the long wait list. If you need to cancel or reschedule your appointment, please contact our office at 403-452-1646 at least 5 working days prior to your appointment so that someone else can be booked for the procedure. If you cancel with less than 3 working days notice, or you do not show up for your scheduled appointment, your appointment will NOT be rescheduled without a new referral from your doctor.

**PREPARATION INFORMATION**

* The bowel is prepared using an oral laxative. Kleanlyte will be used for this preparation.
* PLEASE CALL YOUR PHARMACY ONE WEEK PRIOR TO ORDER YOUR KLEANLYTE.
* Dr Bailey must be aware of all medications you may be taking, as some of them can interfere with the preparation, performance and safety of the colonoscopy.
* Tylenol is an acceptable drug for pain relief if needed.
* If you start any new medications between the time of your consultation visit and your colonoscopy, be sure to tell the nurse the names of the medications on the day of your colonoscopy appointment.
* The most important thing you can do to ensure the success for your colonoscopy is to properly prepare for the test. The colon must be cleaned out to allow for clear examination of the bowel wall and detection of any abnormalities. Excellent bowel preparation results in a clean colon that allows the test to be done quickly and easily. A poor bowel preparation increases the risk of missing significant lesions, such as cancers or polyps, and may result in the test needing to be repeated.
* Individual responses to laxatives vary, so you may begin to have bowel movements within one hour or it may be delayed up to 4 hours.
* **It is important to drink lots of clear liquid to prevent dehydration!**
* You may continue to drink clear fluids until two hours before the scheduled time of your colonoscopy.

**WHAT WILL HAPPEN ON THE DAY OF THE PROCEDURE**

* When you arrive at the Rocky View Hospital, go to the GI Unit in the basement, and you will be asked to change into a patient gown and lie down on a bed. The nurse will confirm your current medications and allergies and check your blood pressure and pulse
* A needle will be inserted into a vein in your hand or arm.
* The nurse will ask about the effectiveness of the bowel preparation. An enema may be given before the examination if the bowel preparation has not thoroughly cleansed the bowel.
* You will be taken into the procedure room.
* **Medications will be administered which will make you drowsy and minimize any discomfort. Some patients may fall asleep during the procedure but are easily rousable and able to follow commands. This is called conscious sedation, which means that you are able to breathe without the assistance of any machines. Many patients are awake enough to watch the procedure on the monitor.**
* The colonoscope is then inserted into the rectum and passed through the colon.
* The test will take approximately 15-20 minutes.
* After the procedure you will be taken back to the recovery room.
* Prior to discharge from the unit, the nurse or doctor will review with you the results of your colonoscopy and any recommendations for further follow up.

**DUE TO THE SEDATION YOU ARE CONSIDERED LEGALLY IMPARED FOR 24 HOURS. YOU MUST BE ACCOMPANIED HOME FROM THE TEST. YOU MUST NOT DRIVE FOR 24 HOURS. YOU WILL BE IN THE HOSPITAL APPROXIMATELY 4 HOURS.**

**PREPARATION FOR A COLONOSCOPY**

* Purchase one box of Kleanlyte from any pharmacy, no prescription is needed
* Clear fluids such as light colored Gatorade/Powerade, clear fruit juices such as apple, white grape, or white cranberry. NO RED OR BLUE DRINKS
* Chicken consommé or broth
* Water, Kool-Aid, iced tea, juice, popsicles, Jell-O, Ginger Ale, 7-Up or Sprite
* Green, black or herbal tea with sweetener, but NO DAIRY PRODUCTS OR SUBSTITUTES.
* Please eat a low fibre diet for 4 days prior to your colonoscopy. DO NOT EAT nuts, popcorn, or food containing seeds. Avoid raw vegetables, whole wheat or high fibre bread and any fibre supplements, such as Metamucil.

**DAY BEFORE COLONOSCOPY**

**DATE: July 10, 2022**

YOU CAN DRINK ONLY CLEAR FLUIDS ONLY FROM WHEN YOU WAKE UP UNTIL AFTER YOUR PROCEDURE. Solid foods, milk or dairy products are NOT allowed until after your procedure.

* **At 8 pm**, pour the contents of one bottle into the mixing container provided. Fill the remaining space in the mixing container with water to the fill line and drink the entire amount.
* **DRINK 2 ADDITIONAL MIXING CONTAINERS FILLED WITH WATER TO THE FILL LINE OVER THE NEXT HOUR**
* After drinking the Kleanlyte, it is important to continue to drink adequate amounts of clear fluid to prevent dehydration**.** A carbohydrate/electrolyte fluid such as Gatorade/Powerade is preferred. If you become dehydrated you may become weak, dizzy and/or light headed, which can increase your chance of fainting or falling. It is preferable to have a responsible adult with you or available during your bowel preparation period.

**DAY OF COLONOSCOPY**

**DATE: July 11, 2022**

* **When it is 4 hours before the time you are to arrive to the hospital**, pour the contents of one bottle into the mixing container provided. Fill the remaining space in the mixing container with water to the fill line and drink the entire amount.
* **DRINK 2 ADDITIONAL MIXING CONTAINERS FILLED WITH WATER TO THE FILL LINE OVER THE NEXT HOUR**
* Please have a responsible adult drive you home.

**PLEASE CALL DR. BAILEY’S OFFICE AT 403-452-1646 IF YOU HAVE ANY QUESTIONS OR CONCERNS. IF THE PHONE IS NOT ANSWERED, PLEASE LEAVE A MESSAGE AND YOUR CALL WILL BE RETURNED AS SOON AS POSSIBLE.**

**\*\*PLEASE NOTE: THERE WILL BE A $100.00 REBOOKING FEE FOR PATIENTS WHO DO NOT NOTIFY OUR OFFICE AT LEAST 5 BUSINESS DAYS PRIOR IF THEY WILL NOT BE ATTENDING THEIR APPOINTMENTS!**

**Rockyview Hospital, 7007 14 St SW. Proceed to the GI Endoscopy Unit on the basement floor. You will be in the hospital approximately 3-4 hours.**