

COLONOSCOPY PRE-PROCEDURE PREPARATION (ADULTS)

DIRECTION DES SERVICES SPÉCIALISÉS, CHIRURGICAUX ET DE CANCÉROLOGIE

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Approved by the CIUSSSE-CHUS medical endoscopy committee

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SHORT COLONOSCOPY OR RECTAL ENDOSCOPY EXAM

- Normal diet
- 2 Fleet™ Phosphate enemas (1st = 60 minutes and 2nd = 30 minutes before the colonoscopy)

Refer the user to the information sheets:

Short colonoscopy or Rectal endoscopy exam and Preparing for the examinations (enemas for short colonoscopy).

LONG COLONOSCOPY

- Diet : fibre-free for the 5 days preceding the colonoscopy, clear liquid diet from the morning of the day before the colonoscopy, then fasting for 6 hours before the procedure.
- If there is a history of bad preparation or significant constipation (less than one bowel movement every 3 days)
 - PEG (Relaxa™, Lax-A-Day™, Restoralax™) 17g BID over the 5 days preceding the bowel preparation
 - Bisacodyl 3 tablets of 5 mg at 2:00 p.m. the day preceding the colonoscopy
 - Choose bowel preparation PEG 4L, split dose.
- Choose the user's bowel preparation either Bi-PegLyte™ or GoLyte™ or Pico-Salax™ :

IF IN DOUBT ABOUT THE CHOICE OF PREPARATION; GIVE PEG 4 L.

Bisacodyl-PEG 2L (Bi-PegLyte™/JAMPLyte+Bisacodyl™)	PEG 4L (GoLyte™ / CoLyte™ / JAMPLyte™)	Pico-Salax™ / KleanLyte™
The user : <ul style="list-style-type: none"> <input type="checkbox"/> Is able to walk during the period when the bowel preparation is being taken. <input type="checkbox"/> Is NOT taking ANY medications: antidepressants, antipsychotics, narcotics, or GLP-1 agonists. <input type="checkbox"/> ABSENCE of significant obesity (BMI of less than 30). <input type="checkbox"/> ABSENCE of diabetes. <input type="checkbox"/> ABSENCE of serious disease or a disease that significantly limits daily life or a degenerative neurological disorder. 	The user : <p>DOES NOT MEET the Bisacodyl-PEG 2L criteria</p> <p>AND/OR (if known) Will undergo a colonoscopy procedure for polyp or lesion removal</p> <p>OR</p> <p>Dysplasia screening in context of inflammatory bowel disease (IBD).</p>	If INTOLERANCE to PEG 4L AND With NORMAL heart and kidney functioning
Bisacodyl 3 tablets of 5 mg at 2:00 p.m. the day before the colonoscopy PEG 2L split dose, at 6:00 p.m. (1L) the day before and 4 h before the procedure (1L)	PEG 4L split dose, at 6:00 p.m. (2L) the day before and 4 h before the procedure (2L)	Preparation, at 6:00 p.m. the day before and 4 h before the procedure. * Wait 10 to 12 hours between the 2 doses.

ALTERNATIVE SCHEDULE for Bisacodyl-PEG 2L and PEG 4L

Same-day preparation possible if colonoscopy after 1 p.m.

- Bisacodyl 3 tablets of 5 mg at 6:00 a.m. (with Bi-Peglyte™)
- PEG (Bi-Peglyte™ 1L) or PEG (GoLyte™ 2L) at 7:00 a.m. and repeat 4 h before the procedure.

- ADJUVANT (if not contraindicated and with user's consent)
 - Simethicone 2 tablets of 125 mg, 15 minutes before each preparation dose.
- If NAUSEA occurs with preparation :
 - Gravol PO or IR 50 mg every 6 hours PRN.
- Additional modifications (depending on user's pharmacological profile)
 - IRON : Stop 7 days before the colonoscopy
 - GLP1 (po or sc) : Stop 7 days before the colonoscopy
 - ANTICOAGULANT : Ensure anticoagulant management is conducted (Rx, referring physician...)

If diabetic user: Should not take hypoglycemic agents or insulin the day of the colonoscopy.

Refer the user to the information sheets:

Long colonoscopy, Long colonoscopy split dose (Bi-PegLyte™ / GoLyte™ / Pico-Salax™), Long colonoscopy - alternative schedule and/or Colonoscopy for type 2 diabetics

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Section : Digestive and pulmonary Endoscopy

