Preparing for an Upper GI Endoscopy and Colonoscopy
Bowel Prep – Bi-Peglyte

An upper GI endoscopy is a procedure which involves using a long, flexible tube to see inside the upper digestive system: esophagus, stomach and small bowel.

A colonoscopy is a procedure which involves using a different long, flexible tube to see inside the large bowel or colon. You will need to drink a bowel prep solution to clean out your bowels.

During your procedure
The procedure takes about 30 to 45 minutes. An intravenous line (IV) will be placed to give medication to make you drowsy and more comfortable. You will be awake and cooperative.

A nurse will be in the room and your blood pressure, heart rate and oxygen will be watched.

Air is put through the tubes, so the doctor can see better. This will not affect your breathing and you may feel cramping or fullness. Generally no discomfort is felt.

The doctor will look for any problems that may need follow-up or treatment. Sometimes a sample of tissue, called a biopsy, is taken to be examined. Taking a sample does not hurt.

Possible complications
Both are safe procedures. Possible complications include:
- perforation or injury of the stomach or small bowel wall that may need surgery to fix
- heart and breathing problems
- bleeding

These problems are unlikely and their chance of occurring depends on other medical conditions and what is done during the procedure.

Before the procedure
3 days before the procedure stop taking all iron supplements and fibre supplements such as Metamucil.

Follow the instructions on the bowel prep container for mixing the solution. The total amount to drink is 2 litres. You can mix the solution the day before the procedure and put in the fridge. Chilling improves the taste.
1 day before the procedure
- Last solid meal is breakfast.
- Drink only clear fluids until your procedure.

At 4:30 pm
- Take the 3 pills provided with the bowel prep.
- Drink the first packet of bowel prep mixed with 1 litre of water. Drink 1 glass every 10 minutes until the full litre is gone.

Stay near a bathroom – you will have frequent, watery bowel movements.

Day of procedure
- You may need to wake up early.
- 4 hours before your appointment, drink the second packet of bowel prep mixed in 1 litre of water.
- Drink 1 glass every 10 minutes until the full litre is gone.

Do not eat or drink for 3 hours before your appointment.

Medications
Take your usual medications on the day of the test with sips of water.
Your doctor may not want you to take blood thinners or diabetes medications, and will discuss this with you.

After the procedure
You will stay in the recovery area until you are awake and ready to go home.
You will be given instructions on how to care for yourself when you get home.
Rest for the remainder of the day.
You may have minor problems such as bloating or cramping, but should go away within 24 hours.

Your medical history
When you arrive at the hospital, your doctor will discuss your medical history and procedures with you.
Please, ask him or her your questions.
You will need to sign a consent form that states you understand what these procedures involve.

Arrange a ride home
Plan to be at the hospital for about 2 to 3 hours.
You must have an adult accompany you home even if you take a taxi or bus.

For 24 hours after your procedure you cannot:
- drive a vehicle
- ride on a motorcycle
- operate machinery
- drink any alcohol

Patient Education
Patient Education videos are available from the Canadian Association of Gastroenterology.
www.caq-acg.org/posters-related-tools/110

For more information about digestive health and tests:
www.gastro.org/patient-center

Clear Fluids includes any fluid that you can see through that is not red or purple. Some examples include water, juice, pop, sports drinks, popsicles, jello, tea or coffee (with no milk).

Special instructions
Where to go for your procedure

Date ________________________________.
Come to the hospital at ____________________.

☐ Hamilton General Hospital
Check in at Patient Registration on the main floor.
Then go to Same Day Surgery on the main level.
Phone 905-521-2100, ext. 44932

☐ Juravinski Hospital
Check in at Patient Registration on the main floor.
Then go to Section B, Level 3, Endoscopy Department.
Phone 905-521-2100, ext. 42334

☐ McMaster University Medical Centre
Take the yellow elevators to the 4th floor.
Turn left and follow the hallway to the 4X area on the left.
Follow the signs to Endoscopy, and check in at the reception desk.
Phone 905-521-2100, ext. 76924

Bring to the hospital

• Bring a list of your medications and allergies with you.
• If you have diabetes, check your blood sugar as usual. Bring the results to the hospital. You may need to have your sugar checked again at the hospital.

If you have questions or need to change your appointment, call the hospital where you are having your procedure.