DR. JEREMY SPRINGER GENERAL & COLORECTAL SURGERY

MD MSc FRCSC FACS

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Colonoscopy Instructions (KleanLyte)

Location: Bluewater Health Endoscopy Department – 3rd Floor

Colonoscopy Appointment Date:

Time of Arrival:

Time of Procedure: Please call the office to confirm your appointment <u>ONE WEEK BEFORE</u>.

IMPORTANT INFORMATION:

- 1. No Recreational Drugs (including cannabis) or Alcohol to be used 24 hours before your Endoscopy Procedure, or your appointment may be cancelled at the discretion of your Anesthesiologist or Endoscopist.
- 2. Information for Diabetic Patients and Medication Check your sugar levels and if they are low have apple juice or sugar tablets.
 - a. Insulin Can take $\frac{1}{2}$ dose of insulin.
 - b. **Oral Medication** Can take medication the day before your appointment, but do not take oral medication the morning of your scope.

3. Information for patients taking Ozempic:

- a. If taking Ozempic for diabetes Hold 1 week before surgery or Endoscopy.
- b. If taking Ozempic for weight loss Hold 3 weeks before surgery or Endoscopy.
- 4. NO solid food or milk should be taken the day before (<u>aside from breakfast</u>) and the <u>day of</u> the colonoscopy.

Acceptable	e Clear	Fluids
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Water Clear soups (Broth) Clear Juice (Apple, White grape, White cranberry) Clear soft drinks (Ginger ale, sprite) Tea or coffee without dairy products or creamers Clear Jell-O

Do NOT drink the following beverages

Red, Purple, or Blue liquids Liquids that you can't see through Alcoholic beverages Milk or dairy substitutes

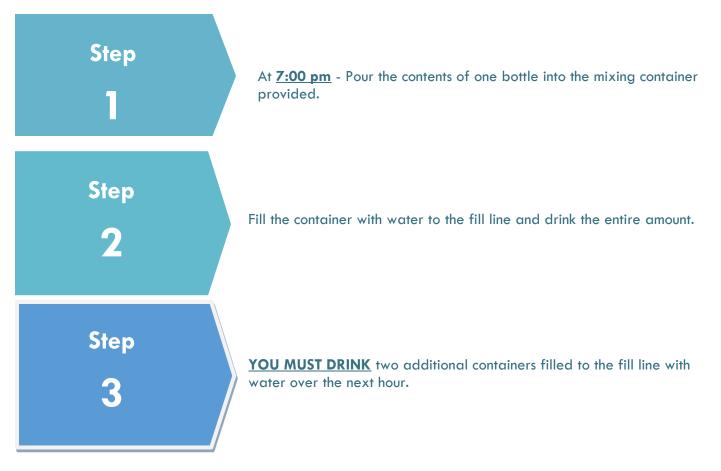
Precautions

- 1. Please bring your health card to your appointment.
- 2. Please register at Patient Registration prior to heading to the 3rd Floor.
- 3. You will be sedated for this examination.
- 4. You MUST have a responsible adult to accompany you home after your colonoscopy, or your procedure will be cancelled (NO EXCEPTIONS).

Please Note: Cancelled or missed colonoscopy appointments without a minimum of 24 hours' notice are subject to a \$100 fee.

THE DAY BEFORE YOUR COLONOSCOPY PROCEDURE:

You may have a regular breakfast but after please follow a clear liquid diet.



DAY OF YOUR COLONOSCOPY PROCEDURE:



Time to take second dose:

5 hours before your colonoscopy appointment, please repeat steps 1-3 using the second bottle of KleanLyte.

Nothing to Drink- including KleanLyte solution for 2 hours before the procedure.