



Hôpital général juif  
Jewish General Hospital

## **COLONOSCOPY**

A *colonoscopy* is a test in which a long, flexible tube (*colonoscope*) is inserted through the anus and advanced across the large intestine (colon), for the purpose of examining the inner lining in more detail. During the test, the doctor may take a small piece of tissue (biopsy) to be analyzed in the laboratory. Occasionally, abnormal growths (polyps) may be detected. While the majority of polyps are benign, they are usually removed in case they do harbor pre-cancerous cells. A colonoscopy may also allow the doctor to intervene in order to stop an area of active bleeding, or to dilate (stretch) narrowed areas of the colon. During the colonoscopy, patients receive a sedation (medication) through the vein to make them feel comfortable. The effects of the sedation may cause patients to fall asleep. During the colonoscopy, air is pushed into the colon in order to improve visualization. This may cause bloating during/after the test but will subside as the patient begins to pass gas. After the colonoscopy the patient remains in the recovery area until the effects of the sedation have sufficiently worn off.

**THE DAY OF THE COLONOSCOPY: YOU WILL NOT BE ALLOWED TO DRIVE FOR 8 HOURS AFTER THE COLONOSCOPY. PLEASE HAVE SOMEONE PICK YOU UP. Due to COVID-19 this person will not be allowed to enter the hospital and should be contacted to arrive after the colonoscopy when you are ready to depart. IF YOU ARE DRIVING YOU WILL NOT RECEIVE SEDATION**

Go to room G304 located on the 3<sup>rd</sup> floor of the G pavilion at the time of your appointment. Please bring:

- A valid JGH hospital card. If your card is expired go to E0014 (B114 after 3pm) to get a new one.
- An updated list of medications from your pharmacy.

### **IMPORTANT CONSIDERATIONS:**

- **Patients taking Plavix, Coumadin, Pradax, Xarelto, or Eliquis:** you must discuss with your treating physician or anticoagulation clinic to see if it can be stopped safely before the colonoscopy.
- **Diabetic patients:** Do not take any diabetic pills/insulin on the day of the test. You must discuss with your treating physician how to adjust all diabetic pills/insulin the day before your colonoscopy.
- If you take **iron pills:** you must stop them **7 days** before your procedure.
- Patients undergoing **chemotherapy:** Please advise us when we book your colonoscopy date.

### **COMPLICATIONS:**

Colonoscopy and polypectomy have a very low risk of complications when performed by specialized physicians. Such complications include:

- Perforation (tear) of the colon wall: This is a rare occurrence. Should it occur, bowel rest and intravenous antibiotics/solutions are often sufficient to resolve the problem. Only *rarely* does this require a surgical intervention.
- Bleeding: this can occur at the biopsy or polyp removal site. Although it usually stops on its own, the doctor can control the bleed by cauterizing (burning via electrical current), or injecting medication at the site. This is done using a needle passed through the scope. Transfusions and/or surgical interventions to manage bleeding are extremely rare.
- Predisposed patients can suffer from a heart attack or stroke, although this is extremely rare.
- As is the case for any invasive procedure, cases of death have been reported but, this too, is extremely rare.

**\*\*PLEASE ADVISE US OF CANCELLATIONS AT LEAST 48-72 HOURS IN ADVANCE\*\***

**Tel: 514-340-8208 or Email: [reception.AH702.ccomtl@ssss.gouv.qc.ca](mailto:reception.AH702.ccomtl@ssss.gouv.qc.ca)**



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## **BOWEL PREPARATION:**

### **48 HOURS BEFORE THE COLONOSCOPY:**

Diet without fibers, whole grains, nuts or seeds. Foods to avoid 48hrs before the colonoscopy:

- Brown bread and rice, multigrain pasta and cereals
- Legumes (red beans, lentils, chick peas, dry peas etc.)
- Grains, nuts, seeds and popcorn
- Fruits and vegetables

### **THE DAY BEFORE THE COLONOSCOPY:**

You may have a *light* breakfast on the day before your colonoscopy. A CLEAR (transparent) FLUID DIET should be respected for 24hrs before your colonoscopy. **DO NOT EAT SOLID FOOD FOR 24HRS BEFORE YOUR COLONOSCOPY.** Avoid anything RED or PURPLE.

Examples of clear fluids that are permitted:

- Clear broth (chicken or beef) without noodles or vegetables
- Clear (transparent) fruit juice without pulp (apple, white grape, lemonade, white cranberry)
- Coffee or tea without milk/cream
- Clear soft drinks (7-Up, Sprite, Ginger Ale)
- Kool-Aid or Gatorade (not red or purple)
- Jell-O or Popsicles (not red or purple)

Drink half (2L) of **Colyte (GoLyte)** between 6pm and 8pm. Take one glass every 10 minutes and keep the remaining 2L of Colyte (GoLyte) in the refrigerator for the following morning.

Drink the remaining 2L of Colyte (GoLyte) 4 hours before your colonoscopy. Take one glass every 10 minutes until complete.

## **INFORMED CONSENT**

I have read and understand the content of this consent form. I agree to undergo the colonoscopy +/- Biopsy, polypectomy, injection, cauterization or dilatation.

\_\_\_\_\_  
Patient signature

\_\_\_\_\_  
Witness

\_\_\_\_\_  
Date

\_\_\_\_\_  
Doctor's signature