

CHU de Québec Université Laval
Direction des soins infirmiers

Information Guide

Gastroenterology

Long colonoscopy & gastroscopy KleanLyte (or Moviprep)

Definition:

A long colonoscopy involves inserting a flexible tube with a camera through the anus to examine the entire large intestine up to the level of the appendix.

What are the steps during the examination?

- A long colonoscopy takes between 15 to 30 minutes.
- The nurse in the examination room will ask you to lie on a stretcher, on your left side. Your legs will be folded up towards your abdomen.
- The doctor will perform a rectal exam, and then insert the camera into your rectum.

During the exam, you may experience:

- A false urge to have a bowel movement. This false urge will diminish as the camera progresses through your intestine.
- A sensation of bloating in your abdomen as air is blown in by the camera.
- Some cramps that are generally of very short duration (a few seconds).

Definition:

A gastroscopy is performed using a flexible tube with a camera that will be inserted through your mouth to examine the upper digestive tract. The upper digestive tract includes the mouth, esophagus, stomach, and the first part of the small intestine, the duodenum.

What are the steps?

- A gastroscopy lasts about 5 minutes.
- In the examination room, you will be asked to remove your glasses and dental prostheses.
- Your throat will be numbed with a spray medication.
- You will be given a mouth guard to protect your teeth.
- Lying on your left side, the doctor will insert the tube into your mouth.

During the examination, you may experience:

- Gastroscopy is not a painful examination.
- You may feel a sensation of nausea. Take deep breaths through your mouth and do not swallow your saliva. This will help reduce this sensation.

If necessary, small biopsies (superficial samples) will be taken or polyps (small lumps of tissue) will be removed during the colonoscopy or the gastroscopy.
A few hours after the exam, you may experience bloating. The passage of gas will gradually alleviate this discomfort.
If you wish, medication to help you relax and a pain reliever can be administered before the exam. **If you receive medication to reduce discomfort during the exam, you must be accompanied by someone who can drive you because driving is prohibited for 24 hours after the procedure.**

Possible complications of the exams:

Colonoscopy and gastroscopy are safe procedures with low risk of complications. In rare cases, certain complications may occur:

- Perforation of the intestine or stomach and bleeding (slightly increased risk if polyps are removed).
- Complications related to medication that may be given: temporary decrease in blood pressure and respiration or allergic reaction.

Preparation before the examination:

Due to the medication that may be given to reduce pain and discomfort, **it is mandatory that you be accompanied for your return home. You will not be allowed to drive your car.** A nurse will monitor you for a minimum of 30 to 60 minutes. Please plan for this delay with your companion.

Most of your medications can be taken as usual, including aspirin (ASA™) and anti-inflammatory, except:

- Stop all **iron supplements** (as it colors the stool).
- If you are taking **blood thinning medications** (Coumadin™, Pradaxa™, Plavix™, etc.), special instructions will be given to you by a nurse to indicate when to stop and resume taking them. This nurse will have informed the doctor who prescribed the medication for you. If you have not received these instructions, please call the appointment center at 418-682-7888.
- If you are **diabetic and taking insulin**, special instructions will be given to you by a nurse to indicate when to stop and resume injections. This nurse will have informed the doctor who prescribed the medication for you. If you have not received these instructions, please call the appointment center at 418-682-7888.
- If you are **diabetic and taking medications other than insulin (by tablet or injection)**, do not take them on the day before (during the liquid diet period) and the morning of your examination. You can take these medications at the scheduled time of your next dose in the day following your examination or at the scheduled time during the week. If you have any questions, please contact the health professionals responsible for your diabetes (doctor, nurse or pharmacist).
- If you are **diabetic and taking a medication by injection once a week (other than insulin)**, take your medication as directed, regardless of the time of your examination.

Note well!

If you receive your appointment **within a shorter period than a week, start preparing as soon as possible.**

The large intestine must be completely clean for the exam to be accurate and complete. Using KleanLyte™ (or Moviprep™) you must properly prepare your intestine, otherwise your exam will have to be repeated.

Obtain this product at your pharmacy

- **KleanLyte™ preparation.**
- If KleanLyte™ is not available at your pharmacie, use **Moviprep™**

7 days before the exam:

Foods to avoid until the exam:

- x Nuts or seeds (cereals, multigrain bread, whole wheat, etc.).
- x Fruits with small pits (strawberries, raspberries, tomatoes, grapes, etc.).
- x Legumes (red beans, lentils, chickpeas, etc.).
- x Corn.

The day before the exam:

Liquid diet:

- ✓ Water.
- ✓ Clear fruit juices (apple, white grape, or white cranberry).
- ✓ Broth or bouillon.
- ✓ Iced tea, coffee or tea (without cream or milk).
- ✓ Gatorade®, Kool-Aid®, Jell-O® or fruit-flavored beverages (except red, green, blue, or purple).
- ✓ Popsicles® (except red, green, blue, or purple).
- ✓ NON-FIBER nutritional supplements: Boost®, Ensure®, or diabetic supplement (e.g. Glucerna®) in vanilla flavor only (**a maximum of 2 supplements is allowed and must be taken before 6:00 pm on the evening before the long colonoscopy**).

Not allowed:

- x No solid food.
- x No juice with pulp (red grape, orange, or pineapple juice).
- x No dairy or dairy substitutes (e.g. soymilk).
- x No beverages that are red, green, blue, purple, or dark-colored carbonated beverages (Coke or Pepsi).
- x No alcoholic beverages.

Attention:

- If you are **diabetic**, monitor your blood sugar regularly.
- Unless otherwise instructed by your doctor, it is important to **drink plenty of fluids** throughout the preparation period up to 3 hours before the exam.

Bowel preparation with KleanLyte™

The day BEFORE the exam:

MORNING

- **Upon waking up**, start the **liquid diet** following the recommandations from the list above.

EVENING

- Around **6 PM**, start taking **KleanLyte™** by following steps 1 to 3 of the preparation process (see steps below). **Do not consume kleanlyte™ undiluted.**
- Continue the liquid diet.

On the day of the exam:

4 hours before the exam

- Take the **second dose of KleanLyte^MD** by repeating steps 1 to 3 with the second bottle provided at least **4 hours before your exam.**
- If you experience nausea, drink the solution more slowly, but **you must have consumed the entire dose at least 4 hours before the exam.**

3 hours before the exam

- You must be completely fasting from this point on. Do not take any liquids anymore.

30 minutes before the exam

- Report to the gastroenterology departement of the CHU site where you have an appointment.

Each package of KleanLyte™ contains two bottles. One to take the day before the exam and the other on the day of the exam. Steps 1 to 3 are the same for both takes.

Step 1 : pour the contents of one bottle of KleanLyte™ into the mixing container provided.

Step 2 : fill the container with water up to the fill line (473 ml or 16 oz) and drink the entire amount.

Step 3 : drink **two more containers filed with water** up to the fill line during the following hour.

Bowel preparation with Moviprep™

The day BEFORE the exam:

MORNING

- **Upon waking up**, start the **liquid diet** following the recommandations from the list above.

EVENING

- **Around 6 PM**, start taking MoviprepTM : mix sachet A and sachet B with 1500 ml (1.5 liters) of cold water. Then, consume the entire mixture (sachet A, sachet B, and water) within 30 minutes.
- Continue the liquid diet.

On the day of the exam:

4 hours before the exam

- Take the **second dose of Moviprep**MD: mix sachet A and sachet B with 1500 ml (1.5 liters) of cold water. Drink the mixture within 30 minutes.
- If you experience nausea, drink the solution more slowly, but you **must have consumed the entire dose at least 4 hours before the exam.**

3 hours before the exam

- You must be completely fasting from this point on. Do not take any liquids anymore.

30 minutes before the exam

- Report to the gastroenterology departement of the CHU site where you have an appointment.

Plan your visit

- ☐ Bring your hospital card and health insurance card.
- ☐ If you do not have a hospital card, plan to arrive a little early to make one at the admission service.
- ☐ Bring an **up-to-date list of your medications.**
- ☐ If you have a **pacemaker**: bring your identification card and a copy of the latest check.
- ☐ Do not consume **alcohol or drugs** 24 hours before and after the exam.
- ☐ Bring a snack that you can have after your exam.
- ☐ Do not wear any jewelry or nail polish.
- ☐ If you receive **medication to reduce discomfort during the exam, you must be accompanied by someone who can drive you because driving is prohibited for 24 hours after the procedure.**
- ☐ For women, menstruation is not a hindrance to the exam.

If you cannot attend your appointment, call 418-682-7888.

Where to go:

Site	Instructions for the gastroenterology department
Centre hospitalier de l'Université Laval (CHUL)	2705, boul. Laurier, Québec, G1V 4G2: room K-0526 Main entrance, turn right after the gift shop, follow the white arrows on the ground.
Hôpital de l'Enfant-Jésus (HEJ)	1401, 18th street, Québec, G1J 1Z4: at door E Main entrance, turn left down the hallway, take the elevator and go down to the basement, the gastroenterology sector is at the far right of the central waiting room.
Hôpital du St-Sacrement (HSS)	1050, chemin Ste-Foy, Québec, G1S 4L8: local D0-32 Main entrance, turn left down the hallway, take the elevator and go down to the ground floor (RC), continue down the right corridor to the gastroenterology reception.
Hôpital de St-François d'Assise (HSFA)	10, Espinay road, Québec, G1L 3L5: room A1-121 Main entrance, continue down the central corridor and head towards the emergency department.
Hôtel-Dieu de Québec (HDQ)	11, Côte du Palais, Québec, G1R 2J6 : room 7421 Main entrance, take the central elevator and go up to the 7th floor, turn right when exiting the elevator.

After the colonoscopy and gastrocopy

Consult the documents *Post-gastroscopy* and *post-colonoscopy*.

Personal notes :

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This guide provides recommendations in accordance with the scientific information available at the time of its publication, namely January 17th, 2023. However, these recommendations do not in any way replace the judgment of a clinician. If you have any questions, we invite you to contact your healthcare professional. If, in any way, you misuse the information contained in this document, the CHU de Quebec cannot be held responsible for damages of any kind in this regard.

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