

## Preparation for Your Endoscopy Appointment

Arrival Time	<b>1 hour prior to scheduled appointment time</b>
Appointment Location	Endoscopy - Unit 2G1 Walter Mackenzie Centre / University of Alberta Hospital
Procedure Type	BAE- Rectal (Balloon Assisted Enteroscopy)

### Prior to your appointment

- If you need to reschedule or cancel your appointment or if you have any questions, please call the Physician's office as listed on the first page of this package.
- Please leave a confirmation voicemail with Endoscopy at 780-407-6087 as soon as possible. You may receive an automated reminder call 4-5 days prior to your appointment if you have not confirmed.
- If you are diabetic, **you must speak with your family physician (or the physician who prescribed your diabetes medication)** about using insulin or pills for your diabetes on the day of your procedure. For more information, please refer to:
  - [https://myhealth.alberta.ca/health/AfterCareInformation/pages/conditions.aspx?hwid=custom.ab\\_diabetes\\_bariumenema\\_colonoscopy](https://myhealth.alberta.ca/health/AfterCareInformation/pages/conditions.aspx?hwid=custom.ab_diabetes_bariumenema_colonoscopy)
  - <https://myhealth.alberta.ca/Health/Pages/conditions.aspx?hwid=abl0488>
- If you are taking arthritis medications or iron, **speak with the physician who prescribed these medications** about whether or not you need to stop them at least one week before your procedure.
- If you are taking blood thinners/ anticoagulation/ anti-platelet medications, please **discuss with your prescribing specialist or family doctor** if these medications can be safely stopped prior to your examination.
- You may be contacted by Alberta Health Services Pre-Registration to update your personal contact and address information prior to your appointment.
- **Arrange for a responsible adult to take you home after your procedure.**

### On the day of your appointment

- Please arrive on the unit **1 hour prior to your scheduled appointment time**. Failure to do so may result in cancellation of your appointment.
- You will be sedated for the procedure. **You must have a responsible adult available to take you home by private or public transit.**
- Please have your ride come up to the unit with you to receive a pager. They will get paged when you are ready to be picked up.
- If your ride does not receive a pager, they will receive a call 1 hour before the patient pick-up time.
- **Check List for What to Bring:**
  - Alberta Personal Health Card
  - Photo Identification
  - Bring all your **medications (including insulin) with you or a Medication List.**
  - Bring a bag with you for your clothing.
  - Home oxygen (full tank) and/or BiPAP/CPAP machine if you are using it.
- **Do not bring valuables, jewellery, or large sums of money.**

## Preparation for Balloon Assisted Enteroscopy (rectal)

CoLyte (pineapple flavor) or PegLyte (fruit flavor)

You do not need a prescription. Available over the counter at your pharmacy.

### PROPER PREPARATION IS EXTREMELY IMPORTANT FOR THIS TEST.

A clean bowel is essential for the success and safety of your enteroscopy. Your appointment will be cancelled if the following instructions are not followed and proper bowel preparation is less than adequate.

### IMPORTANT DIETARY AND MEDICATION RESTRICTIONS

- If you are diabetic, you must speak with **your family physician** (or the physician who prescribed your diabetes medication) about using insulin or pills for your diabetes on the day of your procedure.
- If you are taking arthritis medications, Metamucil or iron, speak with the physician who prescribed these medications about whether or not you need to stop them at least one week before your procedure. You are allowed to use acetaminophen (Tylenol) if needed.
- If you take warfarin (Coumadin), low molecular weight heparin (e.g. Fragmin, Lovenox) or Plavix, discuss with your prescribing specialist or family physician if these medications can be safely stopped one week prior to your examination. If you have an artificial heart valve, you will be given specific instructions.
- Do NOT seeds, grapes, corn, peas, tomatoes or cucumbers for 5 days prior to the procedure.
- Avoid all alcohol 48 hours before and after the procedure.

### TWO DAYS PRIOR TO THE PROCEDURE (Tuesday)

1. Purchase two (2) containers of CoLyte or PegLyte laxative. CoLyte or PegLyte is available at your pharmacy without a prescription. Prepare one (1) as per the instructions on the container.
2. Have clear fluids ONLY (no solids) starting at breakfast. Clear fluids include clear soup broth, Jell-O, tea or coffee (black only), soft drinks, clear fruit juice, Powerade, Gatorade. Avoid red, blue and green colour liquids.
3. Drink a large amount of clear fluids to keep hydrated. As a guideline, you should drink at least 2 litres (8 cups) of clear fluids during the day before 5:00 p.m. If you need to restrict the amount of fluids, please speak with your doctor.
4. At 5:00 p.m., begin drinking two (2) litres (8 cups) of chilled CoLyte or PegLyte laxative. Do not drink with ice. Drink 250 mL (1 cup) at a time, every 10 to 20 minutes. The two (2) litres (8 cups) should be completed by 9:00 pm. Drink another 1 to 2 litres (4 to 8 cups) of clear fluids while taking the laxative.
5. If you experience nausea, stop drinking the CoLyte or PegLyte laxative for about one (1) hour and then start taking the laxative again. A dose of Gravol 25-50 mg (anti-nausea medication) may be taken every 4 to 6 hours as required. It is also recommended to take sips of clear fluids if nausea occurs.

### ONE DAY PRIOR TO THE PROCEDURE (Wednesday)

1. Continue to have clear fluids ONLY (no solids). Drink a large amount of clear fluids to keep hydrated. As a guideline, you should drink at least two (2) litres (8 cups) of clear fluids during the day before 5:00 p.m. If you need to restrict the amount of fluids, please speak with your doctor.
2. At 5:00 p.m., begin drinking the second half of the two (2) litres (8 cups) of chilled CoLyte or PegLyte laxative. Do not drink with ice. Drink 250 mL (1 cup) at a time, every 10 to 20 minutes. The two (2) litres (8 cups) should be completed by 9:00 pm. Drink another 1 to 2 litres (4 to 8 cups) of clear fluids while taking the laxative.

### THE DAY OF THE PROCEDURE (Thursday)

1. Prepare the second container of CoLyte or PegLyte laxative as per the instructions on the container.
2. At 2:00 a.m., drink another two (2) litres (8 cups) of chilled CoLyte or PegLyte laxative. Do not drink with ice. Drink 250 mL (1 cup) at a time, every 10 to 20 minutes until the 2 litres are finished.
3. Do not eat anything after midnight. You can still drink the prep and clear fluids up to 4 hours prior to your procedure.

# BALLOON ASSISTED ENTEROSCOPY

Your physician has determined that flexible balloon assisted enteroscopy is necessary for further evaluation or treatment of your condition.

Because education is an important part of comprehensive medical care, you have been provided with information to prepare you for this procedure.

If you have any questions about your need for flexible balloon assisted enteroscopy or alternative tests, do not hesitate to speak to your doctor. Endoscopists are highly trained specialists and welcome your questions regarding their credentials and training.

The following information includes answers to questions patients ask most frequently. Please read it carefully.

## WHAT IS BALLOON ASSISTED ENTEROSCOPY?

Balloon Assisted Enteroscopy is a procedure that enables your physician to examine the small intestine by slowly advancing a flexible endoscope with a tube on it (about the thickness of your finger) throughout the small bowel. The endoscope may be inserted orally or rectally to give the physician the best access to the intestine.

Until recently, it was difficult for doctors to examine the small intestine. A new type of endoscope, a balloon assisted endoscope, allows for examination much further into the small bowel and in some cases offer treatment. This special endoscope allows the endoscopist to:

- visualize the small intestine
- remove tissue for biopsy
- remove small tumors and abnormal growths (polyps)
- treat bleeding problems
- dilate strictures

## WHAT PREPARATION IS REQUIRED?

The intestine must be completely empty of stool for the procedure to be accurate and complete. You will be asked not to eat or drink any food or liquids after midnight prior to your procedure. If the procedure is to be performed rectally, you will need to remain on clear fluids the day before and your physician will give you an oral laxative and detailed instructions regarding preparation. If the procedure is to be performed only orally, a laxative is still required to cleanse the small intestine of mucous and fluid.

## WHAT IF THE BALLOON ASSISTED ENTEROSCOPY SHOWS SOMETHING ABNORMAL?

If the doctor sees an area that needs evaluation in greater detail, a biopsy may be obtained and sent to the laboratory for testing.

## WHAT ARE THE POSSIBLE COMPLICATIONS OF BALLOON ASSISTED ENTEROSCOPY?

Balloon Assisted Enteroscopy is generally safe when performed by physicians who have been specially trained and are experienced in these endoscopic procedures.

Possible complications include a perforation (tear through the bowel wall), bleeding from the site of the biopsy and very rarely pancreatitis.

Although complications after this procedure are rare, it is important for you to recognize early signs of possible complication.

**Contact your physician, who performed the procedure, or go to the nearest emergency department if you notice any of the following symptoms:**

- severe abdominal pain
- fever and chills
- rectal bleeding of more than one-half cup. Bleeding can occur several days after a biopsy.

# BALLOON ASSISTED ENTEROSCOPY

## WHAT ABOUT MY CURRENT MEDICATIONS?

Most medications may be continued as usual, but some medications can interfere with the preparation of the examination. It is therefore best to inform your physician of your current medications as well as any allergies to medications several days prior to the examination. Arthritis medications (NSAID's or anti-inflammatory agents), anticoagulants (blood thinners), insulin, and iron products are examples of medications whose use should be discussed with your physician who prescribed the medication for you prior to the examination.

You should alert your physician if you have required antibiotics prior to undergoing past dental procedures, since you may need antibiotics prior to colonoscopy as well.

If you are diabetic, you must speak with **your family physician** (or the physician who prescribed your diabetes medication) about using insulin or pills for your diabetes on the day of your procedure.

## WHAT HAPPENS WHEN I ARRIVE IN ENDOSCOPY?

The Registration Clerk will register you for the procedure. Please have your photo identification and Alberta Personal Health Card with you.

The Endoscopy nurse will get you ready for the procedure. Paperwork for the procedure will be reviewed and you will be asked to sign the procedure consent. You will change into a gown and lie on a stretcher. The nurse will start an intravenous (IV) in your arm. When it is time for your Balloon Assisted Enteroscopy, you will be taken to the procedure room on a stretcher

## WHAT HAPPENS DURING THE PROCEDURE?

Balloon Assisted Enteroscopy is usually well tolerated and rarely causes much discomfort.

The procedure usually takes about 1<sup>1</sup>/<sub>2</sub> hours. The team of people in the procedure room will be doctors and nurses.

You will lie on a stretcher on your side. The nurse will give you medication through the IV that will help you relax and make you drowsy. Your oxygen level, heart rate, and blood pressure, are monitored during the procedure.

## WHAT HAPPENS AFTER THE PROCEDURE?

You will be taken by stretcher from the procedure room to the recovery room. Your oxygen level, blood pressure, heart rate, and breathing will be monitored by recovery nurses after the procedure.

You may have some mild cramping because of the air that has remained in the intestine during the procedure. This should disappear quickly with passage of flatus (gas). The nurse will check with you if you have passed gas.

You will stay in the recovery room for about two hours. In some instances, your doctor may want you to stay for a longer time.

Your physician will provide you with a preliminary report of the procedure in a letter or will explain the procedure to you.

**If you have been given medications during the procedure, a responsible adult must accompany you home from the procedure because of the sedation used during the procedure. If you are unable to get a responsible adult to accompany you home, the procedure may either be cancelled, rescheduled or it may have to be done without sedation.** Even if you feel alert after the procedure, your judgement and reflexes may be impaired by the sedation for the rest of the day, making it unsafe for you to drive or operate any machinery.

You should be able to resume normal activities within a day or two.

LEVEL

**2**

Walter C. Mackenzie Health Sciences Centre

-  Elevators/Stairs/ Escalator
-  Public Route
-  Atrium Area
-  Washrooms
-  Pedway to Parking
-  John W. Scott Health Sciences Library
-  Faculty of Medicine and Dentistry
-  Diagnostic Imaging
-  ATM

