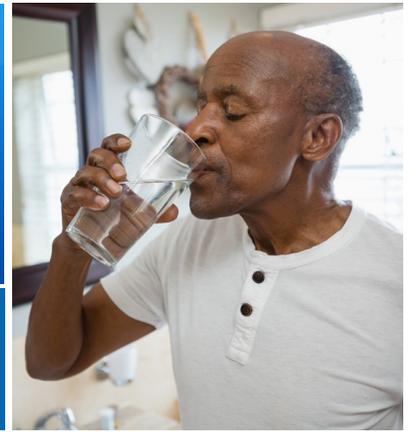


Preparing for thermoablation or cryoablation with PegLyte



Before your procedure, you've been asked to drink a solution called PegLyte. See why and what steps you need to take.



ATTENTION

This preparation isn't always necessary. You'll be told whether you need to do it or not.

What are thermoablation and cryoablation?

These are procedures that are used to remove one or more tumours. Thermoablation does this by heat, and cryoablation by cold.

For more information, read our health sheets on these topics (see Useful Resources, on page 2).

What is PegLyte?

It's a solution that softens the stool (a laxative). Within a few hours, the intestines are emptied.

Why do I need to drink this solution?

If the tumour is located very close to the intestines, we don't want to risk damaging them during the procedure. To protect the intestines, the care team pushes them away from the area to be treated. This is much easier to do when the intestines are empty.



Could I react badly?

PegLyte usually doesn't cause any significant effect. You may have:

- stomach cramps
- diarrhea
- headache



If you're allergic to any medication, tell your doctor or pharmacist. Some people may be sensitive to the ingredients in PegLyte.

What equipment do I need?

You'll need to buy PegLyte at a pharmacy. It's sold as a powder.

You'll have to mix the powder yourself with water, in the container that will be given to you.

When should I drink the solution?

The PegLyte solution should be drunk in full **the day before your procedure**.

Start drinking it from **4 p.m.** the day before the procedure:

- Drink one cup (250 ml) of PegLyte every 15 minutes.
- Continue until you've emptied the 4-litre container.

If you feel bloated or nauseous, drink more slowly.

Do I have to fast?

Yes, you must not eat or drink anything from midnight (the night before the appointment).

You can start eating and drinking again after the procedure.



Can I take my medication as usual?

Some medications should not be taken before the procedure. You'll be told by phone which ones you should not take and when to stop them.

Do I have to quit smoking?

If you smoke, try to quit completely 7 to 10 days before the procedure. If not, cut back as much as possible. For advice, read our fact sheet [Quitting smoking before my operation](#).

How do I move my appointment for the procedure?

Call the CHUM's Radiology Department:

 **514 890-8450**



Who should I contact if I have questions?

Call the Radiology Department:

 **514 890-8450**

Outside of business hours, if you have questions about preparing for your procedure, you can call a nurse at the **CHUM Patient Health Line**.



CHUM PATIENT HEALTH LINE

514 890-8086

24 hours a day, 7 days a week

You're a CHUM patient? You have questions about your health status? A nurse can help you.



USEFUL RESOURCES

Health sheets:

[Radiofrequency thermal ablation](#)
[Percutaneous cryoablation](#)

Other CHUM health fact sheets are available. Ask your care team which fact sheets can help you.



You can also read them online.
chumontreal.qc.ca/fiches-sante

The content of this document in no way replaces the advice of your healthcare professional.

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