


# **BOWEL PREPARATION FOR COLONOSCOPY**

## **Bi-Peglyte PREP**

PLEASE ENSURE YOU HAVE READ THROUGH THE ENTIRE DOCUMENT REGARDING COLONOSCOPY (SEPARATE DOCUMENT) THAT PERTAINS TO APPOINTMENT TIME, PROCEDURE DATE, LOCATION, INSTRUCTIONS FOR MEDICATIONS, ETC.

### **STEP 1:**

<p><b><u>PURCHASE AT ANY PHARMACY:</u></b></p> <ul style="list-style-type: none"><li>• Bi-Peglyte BOWEL PREP</li><li>• Package include 2 Sachets and a blister pack with 3 Bisacodyl tabs</li></ul>	
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### **STEP 2:**

- Day Before Procedure:
  - You must have only clear fluids for the entire day and evening.
  - **NO DAIRY, NO SOLID FOOD, NO ALCOHOL.**
  - You may have clear broth, apple juices, carbonated clear beverages, popsicles, Jell-O, coffee or tea, sports drinks (Powerade, Gatorade, etc.)
  - **YOU MUST AVOID ANY RED, PURPLE, OR ORANGE DRINKS AS THESE COLOURS CAN INTEREFERE WITH THE PROCEDURE.**

### **STEP 3:**

- Day Before Procedure:
  - Prepare the Peg/Electrolyte solution by dissolving the entire contents of one sachet in 1L (32 ounces) of water. Mix rapidly for 2-3 minutes until a clear solution forms.
  - Repeat steps above to make another 1L solution using second sachet.
  - Refrigerate the 2L to improve taste. **DO NOT DRINK SOLUTION YET.**

### **STEP 4:**

- Day Before Procedure:
  - **At 3PM** - take 3 tablets of Bisacodyl tablets (total of 15 mg) with water. This medication does not prevent you from going to work.
  - **At 7PM** - Drink 1L of Peg/Electrolyte solution within 1 hour. Continue to drink additional clear fluids as it is important to keep hydrated.

**STEP 5:**

- Morning of Procedure:
  - **5 hours before scheduled arrival time** - Drink another 1L of Peg/Electrolyte solution within 1 hour.
  - **DO NOT EAT OR DRINK ANYTHING ELSE ASIDES FROM WATER.**
  - You should take your morning medications with sips of water. See other document for instructions on which medications to take.

**DO NOT DRINK ANYTHING AT ALL FOR 2 HOURS PRIOR TO YOUR ARRIVAL.**

**PLEASE DO YOUR BEST TO ARRIVE AT YOUR APPOINTMENT ON TIME.**