



COLONOSCOPY PREP INSTRUCTIONS

BI-PEGLYTE

SAMPLE INSTRUCTIONS ONLY. PLEASE CONTACT OUR OFFICE FOR INSTRUCTIONS SPECIFIC TO YOU.

PREPARATION BEFORE YOUR PROCEDURE

PURCHASE 1 (ONE) BI-PEGLYTE BOWEL PREPARATION KIT AND CLEAR FLUIDS.

- Each kit contains 2 (two) packets of PEGLYTE and 1 blister pack of 3 (three) Bisacodyl tablets.

1 WEEK BEFORE YOUR PROCEDURE

*Stop any medications containing acetylsalicylic acid (Aspirin) or NSAIDs [e.g., ibuprofen (Advil, Motrin), naproxen (Naprosyn), rofecoxib (Vioxx), celecoxib (Celebrex), etc.] as the risk of bleeding with these medications is higher.

IF YOU ARE TAKING BLOOD THINNERS, NOTIFY OUR OFFICE IMMEDIATELY.

*Stop any iron supplements (e.g., multivitamins with iron or iron tablets).

*4 days before your procedure, stop any foods containing seeds.

THE DAY BEFORE YOUR PROCEDURE

1. TAKE ALL 3 BISACODYL TABLETS FIRST THING IN THE MORNING.
2. NO SOLID FOOD ALLOWED. NO MILK OR DAIRY PRODUCTS ALLOWED.
 - a. ***Drink plenty of clear fluids throughout the day - the more, the better.***
 - b. Allowed: water, apple juice, white cranberry juice, pulp-free orange juice or lemonade, consommé or bouillon, Jello, coffee, tea, Gatorade, soda, and popsicles (MUST NOT CONTAIN RED, BLUE, OR PURPLE COLOURS).
 - c. Do not drink only water. Your body needs calories.

7:00PM THE NIGHT BEFORE YOUR PROCEDURE

ADD THE *FIRST* PACKET OF PEGLYTE TO 2 LITRES OF WATER.

STIR AND DRINK 2 LITRES OF THE PEGLYTE SOLUTION OVER 2 HOURS AND AT LEAST ONE GLASS OF CLEAR FLUID EVERY HOUR AS LONG AS YOU FEEL THE EFFECTS.

YOU MAY TAKE GRAVOL IF YOU FEEL NAUSEATED.

4 HOURS BEFORE YOUR PROCEDURE

ADD THE *SECOND* PACKET OF PEGLYTE TO 2 LITRES OF WATER.

STIR AND DRINK 2 LITRES OF THE PEGLYTE SOLUTION OVER 2 HOURS.

YOU MAY CONTINUE TO DRINK CLEAR FLUIDS UP TO THE TIME YOU LEAVE FOR THE HOSPITAL.

CHECK IN 1 HOUR BEFORE YOUR APPOINTMENT

Sedation will be given at the hospital. You must arrange for a ride home.

Expect to be at the hospital for approximately 2 hours in total. You will not be allowed to leave the hospital without a responsible person to stay with you for 24 hours after the procedure.