

How to prepare for your COLONOSCOPY

Purchase the Following:



1 Box of **Bi-Peglyte Bowel Prep Kit**

-Includes 3 Dulcolax tablets

-2 packages to make 2x 1 litre Peglyte mixture

A supply of clear drinks: water, clear/yellow juices (apple, white grape, white cranberry), ginger ale, clear/yellow Gatorade or Powerade, Clear soups, tea/coffee without milk/milk substitutes

Optional: Zinc ointment for chafed and irritated anal skin

Optional: Gravol 25-50mg for nausea (can be taken ½ hour before taking prep and every 4-6hrs as needed)

PLEASE NOTE: Diabetics can take a vanilla-flavoured liquid meal replacement (such as Ensure or Glucerna) the **day before** the procedure but **not the day of** the procedure.

Four (4) days before the Procedure:

STOP eating ALL seeds and nuts including: multigrain bread, sunflower seeds, flax seeds, fruits with seeds (tomatoes, cucumbers, grapes, watermelon, berries, etc.).

STOP all raw fruits and vegetables

STOP all fibre supplements

Day before the Procedure:

Eat a light breakfast (toast, tea, coffee, juice).

After the light breakfast, **NO SOLID FOOD**. YOU MUST REMAIN ON CLEAR FLUIDS ONLY.

Diabetics can take vanilla-flavoured liquid meal replacement the day before the procedure only.

AT THE FOLLOWING TIMES:

11:00AM: Take 2 Dulcolax Tablets with water (Do not chew or crush)

5:30PM – 7:30PM: Take the 3rd Dulcolax tablet. Mix and drink **the 1st Package** of Bi-PegLyte (see OVER for directions)

Day of the Procedure:

NO SOLID FOOD. YOU MUST REMAIN ON CLEAR FLUIDS ONLY.

6hrs before the scheduled Procedure Start - mix and drink the **2nd Package** of Bi-PegLyte

You must stop drinking **ALL** fluids **TWO (2) HOURS** before your appointment time. (If you are having Colonoscopy and Gastroscopy stop **ALL** fluids **THREE (3) HOURS** before your appointment time.)

*****You must have a driver for the day of the Procedure in order to receive sedation.*****

Medication Instructions

Carefully read these instructions if you are taking any of the medications below

Medications for blood pressure, cholesterol and thyroid	Should be taken the morning of the procedure with sips of water
Aspirin (325), Bufferin, Novasen	Discontinue the medication seven (7) days prior to the procedure. You may restart the next day if no biopsy was done. You do not need to stop your Baby Aspirin 81mg.
Plavix (Clopidogrel)	Discontinue the medication seven (7) days prior to the procedure. You may restart the next day if no biopsy was done.
Coumadin, Warfarin	Discontinue the medication five (5) days prior to the procedure.
Xarelto (Rivaroxaban), Eliquis (Apixiban), Pradaxa (Dabigatran),	Discontinue the medication two (2) full days prior to the procedure.
Diabetic Medications: Metformin, Actos, Avandia, Januvia, Janumet, Avadamel, Actoplus, Met, Onglyza, Trajenta, Nesina	Take your usual dose on the day before the procedure as well on the day of the procedure with sips of water.
Diabetic Medications: Glyburide, Diabeta, Glyclazide, Glipizide, Amaryl, Prandin, Starlix, Glucovance, Metaglip, Ductac, Avandaryl	Do not take the day before or the day of the procedure.
Diabetic Medications: Lantus, NPH insulin	Take your usual dosing on the day before the procedure. Take $\frac{1}{2}$ your usual dose the morning of the procedure.
Aleve, Motrin, Advil, Ibuprofen (Anti-inflammatory)	Discontinue one (1) day prior to the procedure. Celebrex and Vioxx need not be discontinued.
Iron Supplements	Discontinue five (5) days prior to the procedure.
Pain or headache medication	Use plain Tylenol or prescribed medications for pain control.

Bi-PegLyte Directions

1. Mix each package of prep with 1L tap/bottled (Note 4 cups = 1L). Only use water. Mix thoroughly.
2. Keep the mixture in the fridge so it is cold. Use a straw at the back of the mouth to reduce taste.
3. At the time indicated, rapidly drink a glassful (approximately 240ml) of the mixture every 15 minutes until you have finished the full litre.
4. Repeat this process for each package. Drink clear fluids at other times to prevent dehydration.

Please Note:

- Diarrhoea type bowel movements should begin 1-2hrs after finishing the first package.
- Bowel movements should stop approximately 1-2 hrs after you finish the second package.
- It is normal for the bowel movements to become clear and later turn to a yellow colour.
- Continue to drink lots of clear fluid before, during, and after taking the preparation in order to avoid dehydation.