

PEGLYTE BOWEL PREPARATION INSTRUCTIONS

GI HEALTH CENTRE
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COLONOSCOPY APPOINTMENT

Date: ___ / ___ / ___

Time: ___ : ___ AM/PM

MEDICATIONS

Date to be stopped: ___ / ___ / ___

Important



No solid food or milk should be taken the day before and the day of the colonoscopy.

No Seeds or Nuts for 5 Days Before the Procedure

Acceptable clear fluids



- Water
- Clear Broths
- Clear pulp-free juice (apple, white grape, white cranberry)
- Clear soft drinks (Ginger Ale, Sprite)
- Jell-O®, popsicles (clear)
- Weak black Tea, herbal tea, Green Tea, Clear Gatorade/Powerade

We encourage you to drink additional clear liquids to ensure proper cleansing of the bowels.

Do not drink the following beverages



- NO** red or purple liquids
- NO** alcoholic beverages
- NO** milk or dairy substitutes
- NO** liquids that you can't see through

Precautions

- Abdominal bloating or distention may occur before the first bowel movement. If your abdominal distention or discomfort continues, stop drinking the PEG/Electrolytes solution temporarily or drink each portion of 240 mL at longer intervals (more than 10 minutes) until your symptoms disappear.
- If you experience severe bloating, distention or abdominal pain, administration of the solution should be slowed or temporarily discontinued until the symptoms abate. Report these events to your physician.
- Inform your doctor immediately if you experience severe abdominal pain or rectal bleeding.

Follow a clear liquid diet



No solid food or milk
(clear liquids only should be taken
- see list)



MORNING

- a) Prepare the PEG/Electrolytes solution as follows:
 - Dissolve the entire contents of two 70 g sachets in 2L (64 ounces) of water
- b) Mix rapidly 2-3 minutes until a clear solution forms
- c) Repeat steps a) and b) with the 3rd and 4th sachet
- d) Refrigerate the solution to improve the taste.



EVENING

- **At 8:00 PM** (to be confirmed by your physician), rapidly drink a glassful (240 mL) of the PEG/Electrolyte solution every 10 minutes (total of 8 glasses) until 2 Litres of the bowel prep solution is finished.



Check off each glass after consumption

Day of colonoscopy procedure



NO Solid Food Should Be Taken the Day of your Procedure. Clear Fluid is allowed up to 2 Hours before the procedure. Nothing by mouth including bowel preparation for at least 2 hours before the procedure

4h before your appointment - At ___:___AM/PM drink a glassful (240 mL) of the PEG/Electrolyte solution every 10 minutes (total of 8 glasses) until the 2L solution is finished.



Please have a responsible adult to accompany you home after your colonoscopy.



Check off each glass after consumption