

## BI-PEGLYTE INSTRUCTIONS

GI HEALTH CENTRE  
#32-1960 Appleby Line  
Burlington ON L7L 0B7  
Telephone: (905) 335-1888  
Fax: (905) 335-5656

## 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)

STEP  
**1**

**MORNING**

- a) Prepare the PEG/Electrolytes solution as follows:
  - Dissolve the entire contents of one sachet in 1L (32 ounces) of water
- b) Mix rapidly 2-3 minutes until a clear solution forms
- c) Repeat steps a) and b) with the second sachet
- d) Refrigerate the solution to improve the taste.

STEP  
**2**

**AFTERNOON**

Take the **3 bisacodyl tablets (total of 15 mg)** with water at **5:00 PM** (to be confirmed by your physician).

**Do not chew or crush the tablets.**  
**No antacids should be taken within one hour of taking the bisacodyl tablets.**



STEP  
**3**

**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 4 glasses) until the 1L solution is finished.



Check off each glass after consumption

- You will begin to have a watery bowel movement within 1 hour and continue to have loose bowel movements for 1 to 2 hours after finishing the solution.

**Day of colonoscopy procedure**

STEP  
**4**



**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 4 glasses) until the 1L solution is finished.**



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



Check off each glass after consumption