

COLONOSCOPY

BI-PEGLYTE® PREPARATION & INSTRUCTIONS

Date of Procedure: _____

Arrival Time: _____

Procedure Time: _____

Location:

Oakville Trafalgar Memorial Hospital
3001 Hospital Gate, Oakville, ON
L6M 0L8

Ambulatory Procedures Unit
(Take Center Elevators to Level 2, then
proceed to G Area)

Bring your Ontario Health Card.

G.I. Health Centre
1960 Appleby Line, Suite 32
Burlington, Ontario
L7L 0B7

Corner of Appleby & Upper Middle
Rd.

Bring your Ontario Health Card.

Cancellation

If you fail to show up for your procedure, reschedule or cancel within 14 days of your confirmed procedure date you will be charged a cancellation fee of \$250.00

Sedation

You will be sedated for this procedure. You will need to make arrangements for someone to accompany you. You are not allowed to drive home or to take a taxi unaccompanied. **If you have not made arrangements to be accompanied home, your procedure will be cancelled and you will have to reschedule it for another day. There are no exceptions.**

Medication

Continue taking all of your prescribed medications, including Aspirin.

If you take any of the following non-ASA blood thinners Coumadin/warfarin, Eliquis/apixaban, Pradaxa/dabigatran, Xarelto/rivaroxaban, Plavix/clopidogrel, Brilinta/ticagrelor, Aggrenox/dipyridamole, Ticlid/ticlopedine, Effient/prasugrel **please notify your surgeon and they will provide instructions.**

Bowel Preparation

1 Bi-Peglyte® Colonoscopy Preparation Kit (each box contains two sachets of fruit-flavoured PEG/Electrolytes powder and a blister pack of three tablets)

These can be purchased at any pharmacy. Prescriptions are not needed.

3 Days before the procedure:

No Nuts, Seeds or Whole Grain breads. Stop taking fibre supplements (Flax seeds, Metamucil®, Benefibre®, etc)

1 Day before the procedure:

You will not eat today. You will be on a liquid diet until your colonoscopy is over.

Throughout the day, drink a minimum of **4 litres** of clear fluids. **Do not drink only water.**

Clear Fluids include: water, apple juice, white cranberry juice, white grape juice, gingerale, chicken or beef broth (or other clear broth), tea (without milk – sugar is fine), Gatorade, Jello.

DO NOT DRINK WATER ALONE. You should drink some sort of a balanced electrolyte solution.

Do not drink coffee, dairy products or anything coloured red or purple or blue. Try to avoid dark coloured beverages. Yellow and Green are the safest options.

Diabetic patients: continue your medications and take 1 meal replacement (such as Glucerna® or Resource®) at each meal time during your preparation today.

At **12:00pm** take **3 tablets of Bisacodyl pills with water**. Do NOT chew or crush the Bisacodyl pills. Your first bowel movement will usually occur 1-6 hours after taking the pills. Just after taking the Bisacodyl pills, prepare one sachet/package of BiPegLyte® for drinking later in the day. Mix the sachet with 1 litre of water only (do not add any additional flavouring). Put this solution in the fridge – do not drink the BiPegLyte solution yet.

At **6:00pm** start drinking the solution from the first sachet of BiPegLyte that you have cooling in the fridge. Drink a 240ml glass every 10 minutes. Rapid drinking of each glass is preferred. A water bowel movement should begin in approximately 1 hours. Be sure to drink the entire 1 litre of the solution. Before going to bed, prepare the second sachet/package of BiPegLyte for drinking tomorrow by mixing it with 1 litre of water as you did with the first sachet. Do not drink the second solution yet. Put the solution in the fridge for tomorrow.

This preparation will give you diarrhea type bowel movements as the intention is to clear out your bowels for the exam. Try to get a good night's sleep.

****The more you drink the more effective the preparation will be****

Day of the procedure:

Do not drink any coffee on the morning of your procedure. You should remain on clear fluids.

4 hours before your appointment time – start drinking the second litre of the BiPegLyte solution that you prepared the night before. Drink a 240ml glass every 10 minutes. Rapid drinking of each glass is preferred. Be sure to drink the entire 1 litre of solution.

Diabetic patients: if you want to take a meal replacement you have to take it **6 hours** prior to your procedure.

DO NOT EAT OR DRINK ANYTHING 2 HOURS BEFORE THE PROCEDURE.

By this point, if you have been drinking enough water, your stool will be clear and pale yellow in colour, with no solids.

After the procedure:

Resume your normal diet and activity.

It is not uncommon to feel gas cramps for a short while. Moving around will help expel the gas.

If, after you get home, you have severe abdominal pain (worse than when you were in the hospital) or excessive bleeding from your rectum, you should go directly to your nearest Emergency department.

You will receive post-colonoscopy instructions after your procedure is completed including preliminary findings, as well as instructions on when to schedule your follow up appointment.

Updated September 8, 2019