

Preparing for Your Colonoscopy: BI-PEGLYTE®

Your colonoscopy is on: _____

Please be here at: _____

The test usually takes 20 to 30 minutes. You'll be here for 2 to 3 hours.

Please read through all the instructions before starting your bowel prep. If you have questions about the instructions, please call us at _____

- You will be given sedation for the procedure. **Do not drive** for at least 8 hours after you were given the sedation. A responsible adult must take you home after the procedure—you're **not allowed** to drive, or take a taxi or a bus alone.
- If you don't have a ride arranged on the day of the colonoscopy, you can either cancel your appointment or choose to not be sedated.

5 days before your test

- Stop taking iron tablets and fibre supplements (e.g., Metamucil®) **5 days before** the test.

4 days before your test

Start the low-fibre diet.

Low-fibre foods include:

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|-----------|--------------------------------|---------------|
| • beef | • cooked or steamed vegetables | • white bread |
| • chicken | • canned fruit | • white pasta |
| • fish | • dairy products | • white rice |
| • pork | • eggs | |

Don't eat:

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|--------------------|--|
| • nuts | • raw fruits and vegetables |
| • popcorn | • whole wheat or high fibre bread |
| • foods with seeds | • whole wheat or whole grain cereal or pasta |
| • oatmeal | • fibre supplements (e.g., Metamucil®) |

No later than 3 days before the test

Buy at a pharmacy:

- One Bi-Peglyte[®] Bowel Prep Kit (includes 2 packets of PEG 3350 and electrolytes for oral solution and 3 bisacodyl delayed-release tablets).
- 1 litre bottle of water (if you wish) to mix the bowel prep solution in. This bottle can be reused with the second packet of bowel prep solution.
- Clear fluids of your choice that contain electrolytes, such as sport drinks or soup broth.
Do not only drink water.
- Baby wipes (if you wish) for irritation caused by repeated bathroom trips.

Clear fluids that are okay (No red drinks. Orange is okay.)

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| <ul style="list-style-type: none"> • Sports Drinks – Gatorade[®]/PowerAde[®] • Clear pulp-free fruit juices - apple, white grape, white cranberry, lemonade • Clear soups – broth/bouillon • Water • Kool-Aid[®] | <ul style="list-style-type: none"> • Iced tea • Juice popsicles • Jell-O[®] • Ginger ale, 7-Up[®], Sprite[®] • Tea/coffee without milk products or substitutes |
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3 days before your test:

- Keep eating the low fibre diet.

2 days before your test:

- Keep eating the low fibre diet.

1 day before your test:

1. Eat a light breakfast before **10 a.m.** (e.g., toast, tea, coffee, juice).
2. The bowel prep solution may taste better when it's cold. You can prepare the solution in the morning and put it in the fridge until you are ready to use it. See Step #6 for instructions on how to prepare the solution.
3. After **10 a.m.**, drink only clear fluids. You must not eat anything or drink milk or milk products until after your colonoscopy.
4. **It's important to stay hydrated** before and after you drink the bowel prep solution. **Drink at least 1 litre of clear fluids** throughout the day.

If you get dehydrated you may become weak, dizzy and/or light-headed, faint, or fall. If possible, have a responsible adult nearby while you're doing the bowel prep.

Keep track of the fluid you're drinking throughout the day by checking off each 250 ml cup after you drink it

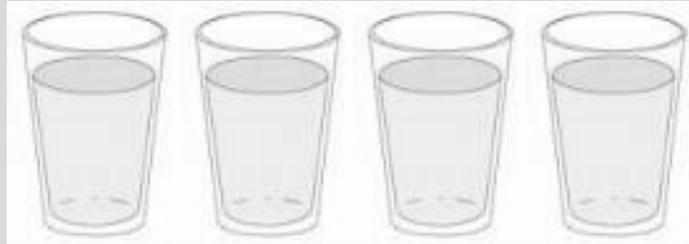


5. **Between 2 p.m. and 4 p.m.**, take the **3 bisacodyl tablets** in the bowel prep kit you bought. You may not have a bowel movement after taking the tablets. Because the tablets work with the bowel prep solution to get the best results, make sure you take the tablets as directed.
6. **Between 6 p.m. and 8 p.m. drink the first litre of PEG3350e.** Empty 1 packet into **1 litre** (32 ounces) of water. Stir quickly until the solution is clear. Use only water to mix the solution—do not add anything else (e.g., like flavouring). **Drink 1 cup every 10 to 15 minutes until finished.**
7. Make sure you're near a toilet once you start drinking the bowel prep solution. It can start working within 1 to 4 hours. You can expect to have diarrhea or watery stools.

The day of your test:

1. **Starting 4 to 6 hours before the time you're told to be at the facility, drink the second packet of PEG3350e solution.** This may mean you have to wake during the night to drink the second packet, depending on your appointment time. Empty the packet into **1 litre** (32 ounces) of water. Stir quickly until the solution is clear. Use only water to mix the solution—do not add anything else (e.g., like flavouring). **Drink 1 cup every 10 to 15 minutes until finished.**
2. **It's important to stay hydrated** during and after you're finished the bowel prep.

Continue to keep track of the fluid you're drinking throughout the day by checking off each 250 ml cup after you drink it



3. **Stop drinking all clear fluids 2 hours before your test.** For example, if your test is at 10 a.m. you can have clear fluids up until 8 a.m.
4. If you have to take medicine within 2 hours of the test, you can take it with a small amount of water.

Please arrange to have an adult in the waiting room to drive you home **1½ hours** after the time you were told to arrive.