

# Colonoscopy Bowel Preparation

## **5 Days before your procedure:**

- **Do NOT** eat seeds or nuts, multi-grain products or iron supplements
- Ensure you have purchased **one Peglyte** bottle (4L) & **three Bisacodyl** (Dulcolax) tablets (5mg, each tablet)
- If you have not already discussed your medications with Dr Ebisuzaki or his staff, please let us know ASAP if you are taking blood thinners, diabetic medication or iron supplements.

## **The DAY BEFORE your procedure:**

- Beginning in the morning, until AFTER your procedure, **do not** take any **SOLID FOOD or DAIRY**
- You may have **clear fluids only**. eg. water, black tea or coffee, sports drinks, juice, soft drinks, clear broth. Avoid dark or red coloured fluids - black coffee / tea is acceptable.
- **WE RECOMMEND YOU DRINK A GLASS OF CLEAR FLUID PER WAKING HOUR.**

Please register with the **ADMITTING DEPARTMENT,**  
4th Floor at Peterborough Regional Health Centre :

**ARRIVAL TIME - \_\_\_\_\_ PROCEDURE DATE - \_\_\_\_\_**

### ***If you have a morning arrival time:***

1. Take 3 bisacodyl tablets at 12:00 noon (day before scope)
2. Drink 2 Litre(s) of Peglyte at 6 pm (day before scope)
3. Drink the second 2 Litre(s) of Peglyte at 10 pm (day before scope)

### ***If you have an afternoon arrival time:***

1. Take 3 bisacodyl tablets at 2:00 pm (day before scope )
2. Drink 2 Litre(s) of Peglyte at: 8 pm (day before scope)
3. Drink 2 Litre(s) of Peglyte 5 hours before your arrival (day **OF** scope)

### ***How to take the preparation***

- **Mixing the Peglyte solution:** Do this the day before your procedure by adding water to the fill line on the jug. Mix thoroughly and put in the fridge to chill.
- **Bisacodyl/Dulcolax tablets :** take the 3 Bisacodyl tablets with water, according to the time indicated in the table above
- **Drinking the Peglyte solution:** according to the timing in the table above, you will be drinking 2 litres of Peglyte twice, for a total of 4 litres. Make sure the Peglyte is well mixed and then drink a glass of solution every 15 minutes until finished.
- **STOP** drinking all fluids **ONE hour** before your arrival time (noted above).

You will **receive** an automated reminder message, 5 business days prior to your apt date. **LISTEN CAREFULLY** as your time of the procedure may have changed. Your time of **ARRIVAL** will also change if this is the case.