

**PLEASE FOLLOW THE PREPARATION INSTRUCTIONS BELOW**  
**IF YOU ARE NOT ABLE TO FIND BIPEGLYTE AT YOUR PHARMACY**

**\*REFER BACK TO THE MAIN PACKAGE FOR ALL OTHER MATERIALS FOR YOUR PROCEDURE\***

**1. TWO WEEKS PRIOR to your procedure:**

- Call the clinic at 647-812-2113 to confirm your procedure
- Complete the Pre-Anesthesia Questionnaire and submit to the clinic via email ([reception@tidhi.ca](mailto:reception@tidhi.ca)) or fax (647-812-2114)
- Purchase the following bowel prep materials over-the-counter at your local pharmacy:
  - Dulcolax tablets 5mg (you will need 2 tablets)
  - Peglyte, Colyte, or Golytely (any of these are acceptable)

**2. ONE WEEK PRIOR to your procedure:**

- STOP eating whole grains, nuts, seeds, dried fruit, or raw fruits/vegetables

**3. ONE DAY PRIOR to your examination:**

- **Clear fluids ONLY – NO solid food or dairy**  
Examples: soup broth, Gatorade, tea/coffee with sugar, apple juice, gingerale, Jell-O (avoid red/purple)
- **At 9:00 AM, take two Dulcolax 5mg tablets (10mg total)**
- **At 2:00 PM, start drinking 2L of your Peglyte, Colyte, or Golytely solution**
  - It is important to drink 2L over a period of 2-3 hours
  - Keep the preparation chilled – it will be easier to drink
  - Plan to be home the evening before your examination – soon after you have started to drink the preparation you will develop diarrhea and may have some cramping

**4. MORNING OF EXAMINATION:**

- **4-6 hours** prior to your examination, begin drinking the remaining 2L of **Peglyte, Colyte, or Golytely**
- e.g. If procedure is scheduled to start at 10 AM, begin consuming remaining prep at 4-6 AM until done
- No breakfast this morning and nothing to drink 3 hours prior to procedure time

OR

**(Backup) Colonoscopy Instructions**

We recommend that you use PegLyte, Golytely or Colyte. But if you vomit with these agents, then use **PICO-SALAX**.

**1. ONE DAY PRIOR to your examination:**

- **Clear fluids ONLY – NO solid food or dairy**  
Examples: soup broth, Gatorade, tea/coffee with sugar, apple juice, gingerale, Jell-O (avoid red/purple)
- **At 9:00 AM, take two Dulcolax tablets 5mg**
- **At 2:00 PM, take your first sachet.** Empty the contents of one sachet into a cup. Add 150 mL of cold water and stir frequently for 2-3 minutes. Sometimes the reaction of mixing PICO-SALAX and cold water will cause the solution to become hot. If it becomes hot, wait until it cools sufficiently to drink.
- **Between 6:00 to 8:00 PM, take your second sachet**
- Drink plenty of clear fluids every hour until bowel movements have ceased. Thereafter, you should continue to drink only clear fluids, sufficient to satisfy thirst.

***Nothing to drink 3 hours prior to procedure time!***