

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) 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:

- **5-6 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 4-5 AM until done
- do not eat anything the day of the procedure and nothing to drink 4 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 eat or drink 4 hours prior to procedure time!