

You are scheduled for a Colonoscopy on: _____

- **If you are on blood thinners (Coumadin, Warfarin Plavix, Aspirin, Xarelto), please consult your family doctor or surgeon for instructions on number of days prior to procedure for stopping these medications.**
- **If you are Diabetic, please discuss with your family doctor or surgeon, as your medications may need to be adjusted prior to your procedure.**

3 DAYS BEFORE COLONOSCOPY: Stay on a low fiber diet. Do not eat beans, corn, tomatoes, cucumbers, nuts, or any food containing seeds such as poppy, sesame, or sunflower. Stop green leafy vegetables/lettuce.

You will need to purchase a Bi-Peglyte bowel preparation kit (kit contains 2 sachets of Bi-Peglyte powder plus 3 bisacodyl tablets). This can be purchased from our clinic or from any pharmacy without a prescription

THE DAY BEFORE COLONOSCOPY: _____

Starting on the day BEFORE your procedure and until AFTER your procedure: **NO SOLID FOOD. DRINK ONLY clear fluids** such as: water, apple juice, white grape juice (clear, no pulp, NO RED JUICE), JELL-O, gelatin (clear, NO RED JELL-O/gelatin), black coffee/tea (no milk or dairy), Gatorade (clear is best, NO RED), clear broth (nothing in it - no noodles, no vegetables, etc.), popsicles/freezies (NO RED), ginger ale or sprite. **Drink at least a glass of clear fluid every waking hour, as this will help clear and empty your colon and keep you hydrated. NO SOLID FOOD OR DAIRY PRODUCTS, and no red drinks.**

Bi-Peglyte preparation: (do this on the morning before your colonoscopy):

1. To prepare the Bi-Peglyte solution, mix the contents of one sachet with 1 litre of water. Mix thoroughly. Repeat with the second sachet. You will now have TWO LITRES of Bi-Peglyte solution. Put the two litres of solution in the fridge to chill.
2. Make sure to drink a variety and lots of clear fluids the day before the procedure, and the day of the procedure, up until 3 hours before your procedure: at least a glassful every waking hour.

Instructions for taking the Bi-Peglyte bowel preparation: 4 STEPS:

1. At **2PM (day before):** Take the 3 bisacodyl tablets with a glass of water.
2. At **8PM (evening before):** Drink the first litre of Bi-Peglyte at 8PM. Drink a glassful every 10-15 minutes until finished the full litre.
3. At **4 hours before your colonoscopy, (morning of your colonoscopy, _____)** drink the second litre of Bi-Peglyte. Drink a glassful every 10-15 minutes until finished full litre.
4. You can continue to drink clear fluids up until 3 HOURS BEFORE your procedure.

Special instructions for the day of the procedure:

- If approved by your doctor, you may take your usual medications today, with a small sip of water.
- You will need a responsible driver to drive you home and a responsible adult to receive you. If you do not have such a person, you will risk cancellation of your procedure. **No driving yourself for 24 hours post-procedure.**