



# BI-PEGLYTE®

## SEVEN DAYS BEFORE THE COLONOSCOPY

Seven days before your exam, **stop taking your iron supplements.**



## THREE DAYS BEFORE THE COLONOSCOPY

For three days before your examination, **avoid the following foods:**



- Cold cuts and sausages
- Raw vegetables
- These cooked vegetables: corn, cabbage family (broccoli, cauliflower, Brussels sprouts, cabbage, kale, chard, etc.)
- Fruit with small pits or seeds: strawberries, raspberries, kiwis, watermelon, blackberries, grapes, tomatoes, etc.
- Whole grains, nuts, sesame and flax seeds
- Legumes (dried beans, lentils, peas, etc.)
- Whole wheat or multigrain foods (multigrain breads, brown or wild rice, whole wheat pasta, quinoa, etc.)

## THE DAY BEFORE THE COLONOSCOPY

**DATE: \_\_/\_\_/\_\_**

The day before your examination, **do not eat any food. You can't eat, but you can drink.**

As soon as you get up, consume only clear liquids throughout the day. Drink plenty desired liquids allowed.

ALLOWED	PROHIBITED
 <ul style="list-style-type: none"> <li>• Water and ice;</li> <li>• Apple, white grape or clear white cranberry juice without pulp;</li> <li>• Jell-O (except red and purple);</li> <li>• Beef or chicken consommé or broth (without noodles, vegetables, or solid residue);</li> <li>• Herbal tea, coffee, and tea (without cream or milk);</li> <li>• Gatorade-type energy drinks (except red and purple);</li> <li>• Clear soft drinks (7-Up, Sprite, ginger ale).</li> </ul>	<ul style="list-style-type: none"> <li>• No red, purple, blue, or green coloured drinks;</li> <li>• No alcoholic beverages;</li> <li>• No almond or soy milk;</li> <li>• No opaque beverages;</li> <li>• No dark soft drinks (Coke, Pepsi);</li> <li>• No dairy products or alternatives (Ensure, Boost)</li> <li>• No liquid with pulp.</li> </ul> 

Do not eat **any food** and do not **drink milk** the day before and the day of the colonoscopy.



## THE DAY BEFORE THE COLONOSCOPY

STEP

1



### THE MORNING

Prepare the Bi-PegLyte® solution as follows:

1. Pour the contents of **1 full pouch into 1 litre of water (32 ounces)**.
2. Shake for 2 to 3 minutes until the solution becomes clear. Set it aside.
3. In another container, **pour 1 full pouch into 1 litre of water**.
4. Shake for 2 to 3 minutes until the solution becomes clear.
5. Refrigerate **both solutions** as that improves the taste.

STEP

2



### THE AFTERNOON

6. Around 3:00 p.m., **take the 3 bisacodyl tablets with water**. Do not chew or crush the tablets. Do not take any antacids within one hour of taking the tablets.



STEP

3



### THE EVENING

7. Around 7:00 p.m., quickly drink **1 glass of the first solution (about 250 mL) every 10 minutes, until you have drunk the entire litre of solution (total of 4 glasses of 250 mL)**.

Check off each glassful as you finish it.



You should begin to have watery bowel movements within an hour and continue having them for 1 to 2 hours after drinking all of the solution.

## THE DAY OF THE COLONOSCOPY



Do not eat any food. You can drink clear liquids allowed for up to 4 hours before your appointment.

STEP  
4



8. Four hours before your appointment, quickly drink **1 glass of the second solution (about 250 mL) every 10 minutes until you have drunk the entire litre of solution (total of 4 glasses of 250 mL)**.

Check off each glassful as you finish it.



Arrange to have someone take you home after your colonoscopy.

### Precautions

- Bloating or abdominal distension may occur before the first stool is passed. If abdominal distension or discomfort persists, temporarily stop drinking the solution or take longer to drink each 250 mL serving (more than 10 minutes) until the symptoms pass.
- If you experience severe abdominal swelling, pain, or distension, temporarily slow down or stop taking the solution until the symptoms pass. Report these symptoms to your doctor.
- Tell your doctor immediately if you have severe abdominal pain or bleeding from the rectum.

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#### Revision and Layout

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