



BI-PEGLYTE

Important

Stop taking iron 7 days before the examination.



No solid food or milk should be taken the day before and the day of the colonoscopy.

Acceptable clear fluids (the day before colonoscopy)



- Water
- Clear broths
- Clear pulp-free (apple, white grape, white cranberry)
- Clear soft drinks (Ginger Ale, Sprite)
- Jell-O®, popsicles (clear)
- Tea, herbal tea, coffee without milk
- Clear Gatorade | Powerade

We encourage you to drink additional clear liquids to ensure proper cleansing of the bowels.

Prohibited fluids (the day before colonoscopy)



- **NO** red or purple liquid
- **NO** alcoholic beverage
- **NO** milk or dairy substitute
- **NO** liquid that you can't see through

Precautions

- Abdominal bloating or distention may occur before the first bowel movement. If your abdominal distention or discomfort continues, stop drinking the PEG/Electrolytes solution temporarily or drink each portion of 240 mL at longer intervals (more than 10 minutes) until your symptoms disappear.
- If you experience severe bloating, distention or abdominal pain, administration of the solution should be slowed or temporarily discontinued until the symptoms abate. Report these events to your physician.
- Inform your doctor immediately if you experience severe abdominal pain or rectal bleeding.

Follow a clear liquid diet



No solid food or milk
(clear liquids only should be taken - see list)



MORNING

- a) Prepare the PEG/Electrolytes solution as follows:
 - Dissolve the entire contents of **one sachet in 1L of water (32 ounces)**.
- b) Mix rapidly 2-3 minutes until a clear solution forms.
- c) Repeat steps a) and b) with the second sachet.
- d) Refrigerate the solution to improve the taste.



AFTERNOON

- Take the **3 bisacodyl tablets with water at 3:00 PM**. Do not chew or crush the tablets. No antacids should be taken within one hour of taking the bisacodyl tablets.



EVENING

- At 7:00 PM, rapidly drink a glassful (240 mL) of the PEG/Electrolyte solution every 10 minutes (total of 4 glasses) until the 1L solution is finished.



Check off each glass after consumption.

- You will begin to have a watery bowel movement within 1 hour and continue to have loose bowel movements for 1 to 2 hours after finishing the solution.

Day of colonoscopy



No solid food or liquid nor milk
should be taken the day of your colonoscopy.



- 4 hours before your appointment, rapidly drink a glassful (240 mL) of the PEG/Electrolyte solution every 10 minutes (total of 4 glasses) until the 1L solution is finished.



Check off each glass after consumption.



Please have a responsible adult to accompany you home after your colonoscopy.

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Revision and Layout

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