



Bi-PegLyte

Bowel prep sheet

Please call your surgeons
office to confirm appointment
one week prior.

250-828-2848

COLONOSCOPY APPOINTMENT

Date of test: _____
Report to Admitting at Royal Inland
Hospital at: _____

AFTERNOON COLONOSCOPY

**FURTHER INSTRUCTIONS ON
REVERSE**

**IMPORTANT NOTE: BI-PEGLYTE® KIT MAY NOT BE AVAILABLE AT ALL PHARMACIES.
PLEASE ALLOW 3 DAYS FOR ORDERING. BI-PEGLYTE®**



IMPORTANT:

NO SOLID FOOD OR MILK SHOULD BE TAKEN THE DAY BEFORE AND THE DAY OF THE COLONOSCOPY (CLEAR LIQUIDS ONLY - SEE LIST BELOW)



DAY BEFORE THE COLONOSCOPY - DIET & PREPARATIONS:

To ensure the colon is as clean as possible, it is important to FOLLOW THE STEPS IN THE ORDER AS INSTRUCTED as it is possible for lesions to be missed if there is stool present

Acceptable clear fluids:

- ✓ Water
- ✓ Clear soups – broth/bouillon
- ✓ Clear pulp-free juice (apple, white grape, white cranberry, lemonade)
- ✓ Clear Gatorade®/Powerade®
- ✓ Clear soft drinks (Ginger ale, 7-Up®, Sprite®)
- ✓ Tea, herbal tea, coffee **without milk products/substitutes**
- ✓ Clear Jell-O® or popsicles



Do NOT drink the following:

- ✗ Red or purple liquids
- ✗ Liquids that you can't see through
- ✗ Congee
- ✗ Alcoholic beverages
- ✗ Milk or dairy substitute



NO NUTS OR SEEDS 7 DAYS PRIOR TO COLONOSCOPY

The Day Before your PM Colonoscopy

STEP

1

Take the 3 bisacodyl tablets

- **2:00 PM** Take all 3 bisacodyl tablets (total of 15 mg) with water.
- **Do not chew or crush the tablets.**
- **No antacids should be taken within one hour of taking the bisacodyl tablets.**
- A first bowel movement usually occurs in 1 to 6 hours after taking the bisacodyl tablets.

STEP

2

Prepare the Bi-PegLyte solution

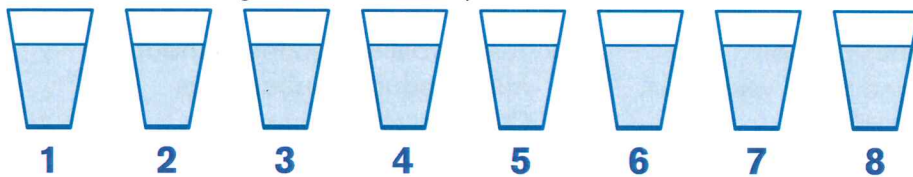
- Dissolve the entire contents of one sachet in 1 L (32 ounces) of water.
- Mix rapidly 2-3 minutes until a clear solution forms. No additional ingredients, e.g. flavouring, should be added to the solution.
- Repeat steps **a)** and **b)** with the second sachet.
- Refrigerate the Bi-PegLyte solution to improve the taste (you may do it the night before if you wish).

STEP

3

Taking the Bi-PegLyte

- **7:00 PM** Drink 1/4 (250 mL) of 1 L solution containing 1 sachet of Bi-PegLyte rapidly, every 10 minutes until the 1 L solution is finished (total of 4 glasses). Drink extra fluid for better cleanse.
- **8:00 PM** 1st 1 L solution should be completed.
- **7:00 AM (Morning on the Day of Colonoscopy)** Repeat procedure with the remaining 1 L solution containing second sachet.
- **8:00 AM** 2nd 1 L solution should be completed.
- 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.
- **Drink extra water or clear fluid throughout the day until bedtime to keep your body from dehydration, and a better cleansing.**



DAY OF COLONOSCOPY

REMINDER

- **No solid food, liquid, or milk should be taken the day of your colonoscopy.**
- **Please have a responsible adult to accompany you home after your colonoscopy.**

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Bi-PegLyte® is a registered trademark of PENDOPHARM, Division of Pharmascience Inc.

Refer to the package insert for complete risk information.

Validated by Dr. Wallace / Dr. Barton, April 2015