

## COLONOSCOPY PREPARATION

Your colon must be completely empty for the colonoscopy to be successful.

### **Bi-Peglyte**

You must buy the following product at your local pharmacy:

- 1 box of Bi-Peglyte. Included in the box are 3 Bisacodyl tablets.

### **The DAY BEFORE your exam:**

- **Drink ONLY clear liquids the whole day. You are encouraged to drink one glass of fluid (8 oz) every hour.** (Gatorade, water, juices, ginger ale, broth, popsicles, yellow/green/orange Jello without added fruit or toppings, plain tea/black coffee).
- **Do not eat any solid food. No liquid coloured purple/red, no juice with pulp, and no dairy products.**
- **In the morning, prepare the solution and chill in the refrigerator until ready to use.**
- **At 12:00 pm take 3 Bisacodyl tablets** with 1 glass of water (250mL/8oz) and continue to drink liquids as required during the day.
- **At 5:00 PM start** drinking 1 L of solution, 1 glass (250mL/8oz) every 10 minutes until it's finished.
- If you become too bloated, wait to have a bowel movement, and then continue to drink.

### **The DAY OF your exam**

- **2-3 HOURS BEFORE YOUR EXAM** start drinking the other 1 L of solution, 1 glass (250mL/8oz) every 10 minutes until it is finished.
- Do not drink any dark liquids, no coffee.
- Stop drinking clear liquids 1 hour before your test.

### **IMPORTANT NOTICE**

- **As per Cardiologist/Doctor recommendations REFRAIN FROM TAKING COUMADIN, PLAVIX, XARELTO, AND ALL IRON SUPPLEMENTS**
- **TWO (2) DAYS PRIOR STOP NUTS OR SEEDS**
- **IT IS MANDATORY THAT YOU ARE ACCOMPANIED BY SOMEONE WHO CAN DRIVE YOU HOME, YOU ARE NOT PERMITTED TO DRIVE FOR A MINIMUM OF 24 HOURS AFTER THE EXAM.**

**Cancellation fee of \$500.00 non-refundable. Please consult the cancellation policy.**