

BI-PEGLYTE PREP SHEET

PINNACLE
General Surgery Clinic
(250) 545-6443

PICK UP FROM PHARMACY

- **ONE BI-PEGLYTE KIT**
- ACCEPTABLE CLEAR FLUIDS OF YOUR CHOICE
SEE LIST BELOW

Please see over for further medication instructions.

PLEASE REPORT TO VERNON JUBILEE HOSPITAL
POLSON TOWER – AMBULATORY CARE – **CHECK IN AT PATIENT REGISTRATION**

**** Please refer to your reminder email for your procedure time and date ****

NO NUTS OR SEEDS 4 DAYS PRIOR TO YOUR COLONOSCOPY

~ THE DAY PRIOR TO THE EXAM: No solid food or milk should be taken the entire day, from the time you wake up, before **and** the day of the colonoscopy – liquid diet only.

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.

- 1) Drink only clear fluids

ACCEPTABLE CLEAR FLUIDS – NO RED/BLUE OR PURPLE COLORED BEVERAGES

- Electrolyte Gastro / Gatorade / Powerade
- Clear, pulp free juices, (apple, white grape, white cranberry, lemonade)
- Clear soups – broth/bouillon
- Water, Kool-Aid, Ice Tea, popsicles, Jell-O, Ginger Ale, 7-Up, Sprite
Tea, herbal tea, coffee WITHOUT milk products or milk substitutes

- 2) Drink extra water or clear fluids throughout the days for better hydration and test results
- 3) **At 2:00 p.m.** take the 3 Bisacodyl pills with water DO NOT chew or crush the Bisacodyl pills. No antacids should be taken within one hour of taking the Bisacodyl pills. A 1st bowel movement usually occurs in 1-6 hours after taking the Bisacodyl pills.
- 4) Prepare one sachet of BiPeglyte in 1 litre of water, mixing well. Do this early in the morning and be sure to refrigerate as chilling improves the taste. Repeat with the second sachet.
- 5) **At 8:00 p.m.,** start drinking the solution from the 1st sachet of BiPeglyte preparation, whether or not you have had a bowel movement – 250 ml glass every 15 minutes. Rapid drinking of each glass is preferred. A watery bowel movement should begin in approximately 1 hour. Be sure to drink ALL the solution.



DAY OF COLONOSCOPY

- 1) Repeat procedure with second sachet and drink the 1 litre of solution **5 hours** prior to your procedure
- 2) STOP ALL FLUIDS **2 HOURS** prior to your procedure

FURTHER INFORMATION:

Take essential medications such as heart and blood pressure pills early in the morning of the procedure.

****PLEASE REVIEW APPROPRIATE INFORMATIONAL QR CODES****

PLEASE TAKE A LIST OF ALL MEDICATIONS WITH YOU TO THE HOSPITAL

DIABETICS: Please consult with your family physician to adjust treatment, if necessary. **DO NOT TAKE** insulin or oral medications in the morning of the procedure. Bring them with you to the hospital.

BLOOD THINNERS: If you are on anti-coagulation medication, such as Warfarin, Plavix, Xarelto etc, please inform your family physician at least two (2) weeks prior to the procedure to receive further instructions, as you may require an adjustment to your medication.

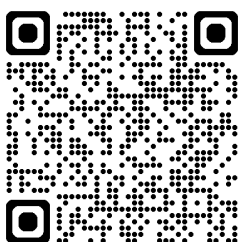
CARDIAC MEDICATION: Take as normal and advise nursing staff what you have taken on arrival at the hospital.

You may not drive for 24 hours following the procedure and must have a ride arranged to take you home as well as someone to stay with you. Your driver will be told an approximate time to pick you up. ***Expect to be at the hospital for about 2 – 2-1/2 hours.*** Your procedure will be cancelled if you do not have a responsible adult pick you up. They must come to the department to get you. You may not drive for 24 hours after your sedation for the procedure.

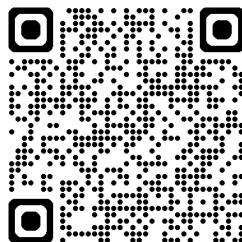
IF YOU DO NOT FOLLOW THE PREP YOUR PROCEDURE WILL BE CANCELLED

WE REQUIRE 48 BUSINESS HOURS NOTICE TO RESCHEDULE OR IF YOU WISH TO CANCEL, OTHERWISE THERE WILL BE A \$150.00 FEE TO REBOOK.

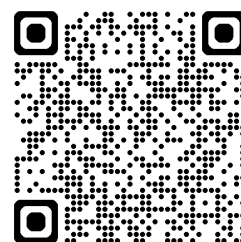
NOTES:



Introduction



Colonoscopy



Gastroscopy