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Colonoscopy Instructions (4L PEGLYTE/GOLYTELY)

LOCATION OF PROCEDURE:

BLUEWATER HEALTH ENDOSCOPY UNIT



Important



No solid food or milk should be taken the day before (aside from breakfast) and the day of the colonoscopy.

**BRING YOUR HEALTH CARD
TO YOUR APPOINTMENT**

Acceptable clear fluids



Water

Clear Broths

Clear pulp-free juice (i.e. apple, white grape, white cranberry)

Clear soft drinks (i.e. ginger ale, sprite)

Jell-O®, popsicles (clear)

weak black tea, herbal/green tea, clear Gatorade/Powerade

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

Do not drink the following beverages



NO red or purple liquids

NO alcoholic beverages

NO milk or dairy substitutes

NO liquids that you can't see through

Precautions



You will be sedated for this examination.

You **MUST** have a responsible adult to accompany you home after your colonoscopy or your procedure will be cancelled (NO EXCEPTIONS).

The day before your colonoscopy procedure

You may have a regular breakfast but after please follow a clear liquid diet



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

STEP

1



MORNING

- Prepare the PEG/Electrolytes solution as follows:
 - Dissolve the entire contents of in 4L of water
- Mix rapidly 2-3 minutes until a clear solution forms
- Refrigerate the solution to improve the taste.

STEP

2



AFTERNOON

Take the 3 bisacodyl tablets (total of 15 mg) with water at 2:00 PM

Do not chew or crush the tablets.

No antacids should be taken within one hour of taking the bisacodyl tablets.



STEP

3



EVENING

- At 7:00 PM rapidly drink a glassful (240 mL) of the PEG solution every 10 minutes (total of 8 glasses) until the 2L solution is finished. You may take Gravol 25-50 mg every 4-6 hours as needed for nausea and vomiting.



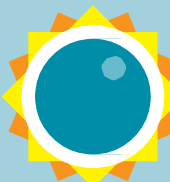
Check off each glass after consumption

- 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 procedure

STEP

4



NO Solid Food (Including broth or milk) should be taken the day of your colonoscopy.

5h before your appointment - Drink a glassful (240 mL) of the PEG/Electrolyte solution every 10 minutes (total of 8 glasses) until the 2L solution is finished. Nothing to Eat/Drink-Including Peglyte solution for 2 hours before the procedure.

**Check off each glass after consumption

