

**SAMPLE INSTRUCTIONS ONLY. PLEASE CONTACT OUR OFFICE FOR INSTRUCTIONS SPECIFIC TO YOU.**

**PREPARATION BEFORE YOUR PROCEDURE**

PURCHASE 1 (ONE) BI-PEGLYTE BOWEL PREPARATION KIT AND CLEAR FLUIDS. EACH KIT CONTAINS 2 (TWO) PACKETS OF PEGLYTE AND 1 BLISTER PACK OF 3 (THREE) BISACODYL TABLETS.

**1 WEEK BEFORE YOUR PROCEDURE:**

\*Stop any medications containing acetylsalicylic acid (Aspirin) or NSAIDs [e.g., ibuprofen (Advil, Motrin), naproxen (Naprosyn), rofecoxib (Vioxx), celecoxib (Celebrex), etc.] as the risk of bleeding with these medications is higher. IF YOU ARE TAKING BLOOD THINNERS, NOTIFY OUR OFFICE IMMEDIATELY.

\*Stop any iron supplements (e.g., multivitamins with iron or iron tablets).

**4 DAYS BEFORE YOUR PROCEDURE:**

\*Stop any foods containing seeds.

**\*THE DAY BEFORE YOUR PROCEDURE:**

TAKE ALL 3 BISACODYL TABLETS FIRST THING IN THE MORNING.

**\*\*DRINK PLENTY OF CLEAR FLUIDS DURING THE ENTIRE TIME OF YOUR CLEANSE PROCESS - THE MORE, THE BETTER.\*\***

ALLOWED: WATER, APPLE JUICE, WHITE CRANBERRY JUICE, PULP-FREE ORANGE JUICE OR LEMONADE, CONSOMME OR BOUILLON, JELLO, COFFEE, TEA, GATORADE, SODA, AND POPSICLES (MUST NOT CONTAIN RED, BLUE, OR PURPLE COLOURS).

DO NOT DRINK ONLY WATER. YOUR BODY NEEDS CALORIES.

NO SOLID FOOD ALLOWED. NO MILK OR DAIRY PRODUCTS ALLOWED.

**7:00 PM THE NIGHT BEFORE YOUR PROCEDURE:**

ADD THE FIRST PACKET OF PEGLYTE TO 2 LITRES OF WATER. STIR AND DRINK 2 LITRES OF THE PEGLYTE SOLUTION OVER 2 HOURS AND AT LEAST ONE GLASS OF CLEAR FLUID EVERY HOUR AS LONG AS YOU FEEL THE EFFECTS. YOU MAY TAKE GRAVOL IF YOU FEEL NAUSEATED.

**4 HOURS BEFORE YOUR PROCEDURE:**

ADD THE SECOND PACKET OF PEGLYTE TO 2 LITRES OF WATER. STIR AND DRINK 2 LITRES OF THE PEGLYTE SOLUTION OVER 2 HOURS. YOU MAY CONTINUE TO DRINK CLEAR FLUIDS UP TO THE TIME YOU LEAVE FOR THE HOSPITAL.

**CHECK IN 1 HOUR BEFORE YOUR APPOINTMENT.**

**SEDATION WILL BE GIVEN AT THE HOSPITAL. YOU MUST ARRANGE FOR A RIDE HOME.**

**EXPECT TO BE AT THE HOSPITAL FOR APPROXIMATELY 2 HOURS IN TOTAL. YOU WILL NOT BE ALLOWED TO LEAVE THE HOSPITAL WITHOUT A RESPONSIBLE PERSON TO STAY WITH YOU FOR 24 HOURS AFTER THE PROCEDURE.**