**Preparation Instructions for Colonoscopy ± EGD**

Bowel Preparation (The “Prep”):

- Is called “PegLyte” and should be obtained **one week in advance** from your pharmacist along with two 10mg doses of Bisacodyl (Dulcolax) tablets. PegLyte is the preferred prep because it is safe & results in a quality cleansing. If you have renal (kidney) disease, you should not use other bowel cleansing agents – only PegLyte.
- If you have normal kidneys and can’t take PegLyte, please download or call us to obtain the PICO-SALAX prep.
- Results in many watery bowel movements but ensures a safe and thorough evaluation of your colon.
- May cause abdominal bloating / distention, nausea, & discomfort. Refrigeration of the solution often improves its tolerability. Small doses of Gravol® may help with nausea but may not be suitable for some patients (ask your doctor). **If you experience persistent or more severe symptoms, slow or temporarily stop your consumption of the prep solution and report these to your doctor. Stop the prep if you experience very severe distention and pain and report this to your doctor immediately.**

You should:

- As of **7 days** before your test, avoid small grains, seeds, nuts, corn / popcorn, and iron or herbal supplements.
- Consider whether anticoagulant or anti-platelet medications (“blood thinners”) may need to be stopped. Please contact our office TWO weeks before your procedure for further direction on how to manage these important medications if Dr. Holmes has not already advised you. It is safe to continue Aspirin (ASA).
- Consider how you will manage your **diabetes** medications if you are a diabetic. **On the day of your test, do not take diabetes pills (oral hypoglycemic agents) or immediate or short-acting insulin.** If you do, your blood glucose (sugar) may drop too low. If you take intermediate or long acting insulin at night or in the morning, take only ½ (half) the number of units you would normally take.
- Take your other medications on the morning of your test with SIPS of water.
- Not drive (vehicle, motorcycle, bicycle), operate tools/machinery, or make legally-binding decisions on the day of your test (you will be legally impaired from the sedation you will receive). Find a ride to and from!
- Take one 10mg dose of the Bisacodyl (Dulcolax) - TWO evenings before the day of your procedure. Do not chew or crush. Do not take antacid medication within several hours of taking the Bisacodyl tablets.

**1 day before your colonoscopy, you should:**

- **Starting in the morning, drink only CLEAR FLUIDS** until your procedure is complete! (Jello, soda, clear soup broth, pulp-free clear juice, soda, tea or coffee without milk or cream, Gatorade, Powerade, etc). **No red or purple liquids, alcohol, milk / dairy products, or solid food of any kind! You CAN do it!**
- **Prepare the prep solution**: Mix up the PegLyte solution as recommended by the manufacturer & refrigerate.
- **At 12:00 noon**: Take the second 10mg dose of Bisacodyl (Dulcolax).
- **Drink plenty of clear fluids** to stay hydrated throughout the day and while doing the prep.
- **Take PegLyte** solution according to **ONE** of the following schedules depending on the type & time of test:

<table>
<thead>
<tr>
<th>Schedule</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>I am having both an EGD &amp; Colonoscopy before 12:00 noon</td>
<td>■ At 7:00pm the night before your test: Consume all 4 litres of PegLyte ■ No more clear fluids after midnight until test is complete!</td>
</tr>
<tr>
<td>I am having both an EGD &amp; Colonoscopy at / after 12:00 noon</td>
<td>◎ At 7:00pm the night before your test: Consume 3 litres of PegLyte ◎ At: 6:00am the day of your test: Consume the remaining 1 litre of PegLyte ◎ Stop drinking clear fluids as of ~ 6 hours before your test</td>
</tr>
<tr>
<td>I am having a Colonoscopy alone before 12:00 noon</td>
<td>★ At 7:00pm the night before your test: Consume all 4 litres of PegLyte (As an alternative, consume only 3 litres and then consume the last litre - 4 hours before your test, possibly for better results) ★ Stop drinking clear fluids as of 3 hours before your test</td>
</tr>
<tr>
<td>I am having a Colonoscopy alone at / after 12:00 noon</td>
<td>★ At 7:00pm the night before your test: Consume 3 litres of PegLyte ★ 4 hours before your colonoscopy: Consume remaining 1 litre of PegLyte ★ Stop drinking clear fluids 3 hours before your test</td>
</tr>
</tbody>
</table>

[ Consume PegLyte solution at a rate of one cup (250ml) every 10 to 15 minutes until finished ]