



BI-PegLyte

Day Before Procedure:

1. Starting ***the day before*** the procedure, consume only clear fluids (no food). Do not eat any solid food until after your procedure. Drinking plenty of clear fluids, such as water, apple juice, ginger ale, Gatorade, or chicken broth, will help clean the colon. Avoid any fluids that are red or dark in colour, such as tea or coffee.
2. At 3 PM, take the 3 Bisacodyl tablets. Do not chew or crush them.
3. Dissolve the content of one packet of PEG 3350 in 1L of water and mix well. Drink all of this solution starting at 4 PM and finish by 6 PM. Chilling it in the fridge improves the taste. Continue to drink plenty of clear fluids.

Day of Procedure: Nothing to eat until after your procedure.

1. On the morning of the procedure, dissolve the content of the other packet of PEG 3350 in 1L of water and mix well. Drink this solution starting 6 hours prior to your procedure arrival time and finish all of it within one hour. You may have to wake up overnight to accomplish this.
2. Continue to drink plenty of clear fluids but start fasting (nothing to drink) 2 hours prior to the procedure arrival time or else your case may be cancelled.
 - STOP DRINKING 2 HOURS BEFORE YOUR ARRIVAL TIME
 - DO NOT CHEW GUM OR SUCK ON CANDY OR SMOKE 2 HOURS BEFORE