



COLONOSCOPY INFORMATION & PREPARATION with 4 LITRE - PEG

Medications to be stopped preprocedure:

- Iron – 7 days.
- Non-steroidal – 5 days.
- Coumadin – 5 days.
- Herbs and Vitamins – 5 days.
- Novel anticoagulants – 2 days (48 hours)
- Plavix/Brillanta – 5 days.
- Fibre supplement – 5 days

5 days before

Do not eat nuts, popcorn, or foods with seeds.

3 days before

Purchase bowel prep from your nearest pharmacy – no prescription required along with Dulcolax tablets

1 day before

In the AM

Prepare the PEG/Electrolytes:

- Follow the instructions on the bowel prep container for filling with water. Put the prep in the fridge. Chilling improves the taste.

Your last solid meal is breakfast until the procedure is complete. Drink only clear fluids until your procedure.

At 4:30pm

- Take 2 Dulcolax pills provided with the prep. Drink **1 glass of bowel prep every 10 minutes** until 2 litres of the solution are gone.

Stay near a bathroom The bowel preparation is a very strong laxative and you will have frequent, watery bowel movements. It can start working within 1 to 4 hours.

Acceptable CLEAR Fluids in addition to water:

- Clear broths
- Clear, pulp-free juice (apple, white grape, white cranberry)
- Jello-O®, popsicles (clear)
- Weak black tea, herbal tea, green tea
- Clear Gatorade/ Powerade

Do not drink:

- Red or purple liquids
- Alcoholic beverages
- Milk or dairy substitutes
- Liquids you can't see through

Day of Procedure - You may need to wake up early

- **4 hours before your appointment**, take 2 Dulcolax pills and drink the rest of the prep.

MAKE SURE TO DRINK PLENTY OF CLEAR FLUIDS AFTER STARTING THE PREP TO AVOID BECOMING DEHYDRATED.

****PLEASE DO NOT DRINK ANY LIQUID FOR AT LEAST 2 HOURS PRIOR TO PROCEDURE****

Tips for drinking the bowel prep

- **If you feel sick to your stomach, drinking Gingerale may help.** Keep drinking clear fluids but in smaller amounts and more often so you do not get dehydrated.
- You can also take anti-nausea medication, such as Gravol, if you are nauseated. It is very important to keep drinking the bowel prep even if you are feeling sick to your stomach.

ALL PATIENTS WILL REQUIRE A RIDE HOME AFTER THE PROCEDURE.

If you have any questions regarding prep or medications, please call our office at **905-526-7002 ext 5**