4 Litre PEG Preparation

DATE: _____ PROCEDURE: _____ ARRIVAL: _____

Arrive 30 minutes before your procedure unless given a different arrival time.

1 Plan your medications

Follow this schedule unless your physician gives a different plan. Confirm blood-thinner, insulin and diabetes instructions with the clinic or prescriber in advance, including when to restart.

7 DAYS: Iron; Ozempic, Wegovy, Mounjaro and Zepbound.

5 DAYS: Non-steroidal anti-inflammatory medicines such as ibuprofen (Advil); Coumadin (warfarin); herbs and vitamins; Plavix / Brilinta; fibre supplements.

AT LEAST 48 HOURS: Novel anticoagulants, according to your individual medication plan.

Ask which routine medicines to take on procedure morning and how to time them around the prep and fluid cut-off. Bring your medication and supplement list for the consultation before your procedure.

2 Get ready in advance

5 DAYS BEFORE: Do not eat nuts, popcorn or foods containing seeds.

3 DAYS BEFORE: Purchase the prescribed 4-litre PEG preparation and FOUR Dulcolax (bisacodyl) 5 mg tablets. No prescription required. If sold in packs of two, buy TWO packs.

Dulcolax: swallow tablets whole; do not chew or crush.

3 Choose clear fluids

YES — PERMITTED: Water; clear broth without solid pieces; pulp-free apple juice, white grape or white cranberry juice; ginger ale or clear soft drinks; light-coloured sports drinks; tea or black coffee without milk or cream; light-coloured Jell-O or popsicles without fruit pieces.

NO — AVOID: Red or purple liquids; alcohol; milk, cream or plant-based milk; meal replacements; smoothies; juice with pulp.

Drink a variety of permitted clear fluids, not just water. Discuss any fluid restriction with the clinic before starting.

ARRANGE FOR A RESPONSIBLE ADULT TO DRIVE OR ACCOMPANY YOU HOME
You cannot drive yourself home after sedation. A responsible adult must drive you home or accompany you in a taxi, Uber or other rideshare service. The driver of a taxi or rideshare service does not qualify as your responsible adult. Your designated adult must remain nearby and be available when you are ready for discharge.

For 24 hours after sedation: no driving, machinery, alcohol or important legal decisions. Follow your discharge instructions.
Bring your health card. Leave valuables, jewellery and smartwatches at home; you will be asked to remove your smartwatch.
CANCELLATIONS: Give at least 3 business days' notice; less notice may result in a $90 fee.
LOCATION: 211 Pritchard Road, Unit 4, Hamilton, ON L8J 0G5. Use the entrance on the right side of the building.

Follow your prep timeline

Use the ARRIVAL TIME given by the clinic for all morning timings below.

THE DAY BEFORE

Breakfast is your last solid meal; try to finish by 9 a.m. After breakfast, clear fluids only. No more solid food until after your procedure.

MORNING • MIX 4 LITRES: Prepare the full 4 litres following the product label. For the FOUR 70 g sachet product: dissolve TWO sachets in 2 litres of water; mix rapidly for 2–3 minutes until clear. Repeat with the other TWO sachets and 2 litres of water. Refrigerate.

4:30 P.M. • FIRST DOSE: Take TWO Dulcolax 5 mg tablets with water (10 mg total). Then drink approximately 250 mL (1 cup) of PEG solution every 10 minutes until you finish 2 litres (8 cups). Allow up to 2 hours to finish. Save 2 litres for morning.

AFTERWARD: Continue permitted clear fluids. This is a STRONG LAXATIVE: expect frequent, watery bowel movements. Stay close to a bathroom.

THE DAY OF YOUR PROCEDURE

No solid food before arrival or at the clinic. Wait until after your procedure.

4 HOURS BEFORE ARRIVAL AT THE CLINIC - LAST 2 LITRES: Take TWO Dulcolax 5 mg tablets with water (10 mg total). Then drink the remaining 2 litres of PEG solution: approximately 250 mL (1 cup) every 10 minutes, for 8 cups total. Allow 2 hours to finish, stopping at least 2 hours before arrival. You may need to wake early.

STOP ALL FLUIDS AT LEAST TWO HOURS BEFORE ARRIVAL
Includes WATER, CLEAR FLUIDS and BOWEL PREPARATION. Failure to follow this instruction may result in cancellation of your procedure.
During these two hours: do not chew gum, suck on candy or smoke.

Example for a 10 a.m. procedure and 9:30 a.m. arrival

5:30 A.M.: Take TWO Dulcolax tablets and start the last 2 litres of PEG.

BY 7:30 A.M.: Finish the full prep solution.

7:30 A.M.: STOP ALL FLUIDS, including water and prep.

9:30 A.M.: Arrive for your 10 a.m. procedure, unless instructed otherwise.

Finish all 4 litres and know when to get help

Finish all 4 litres even if stool already looks clear. Final output should be watery, clear or light yellow, without solid stool. For nausea or bloating, temporarily pause or slow down, then resume when feeling better. Please remember to adhere to the prep timeline. Ask a clinician or pharmacist before taking anti-nausea medicine.

Call 905-526-7002 ext. 3123 if you cannot finish, vomit repeatedly, have no response after several hours, or still pass brown or solid stool. Do not add laxatives or drink past the cut-off. Tell staff about incomplete preparation as soon as possible.

When the clinic is closed, call Ontario Health811 at 811 for general advice. Seek urgent assessment for severe pain, marked swelling, inability to keep fluids down, significant bleeding or severe dizziness. Call 911 for difficulty breathing or another emergency.