Bi PEGLyte 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 Bi-PEGLyte kit. Kit should include two Bi-PEGLyte sachets and THREE Dulcolax (bisacodyl) 5 mg tablets. No prescription required.

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.

At 3 P.M. Take all THREE bisacodyl 5 mg delayed-release tablets supplied in the kit, for a total dose of 15 mg. Swallow whole. Do not chew or crush.

4:00 P.M. - Dissolve ONE PEG 3350 packet in 1 litre of water and mix well. Start drinking at 4 P.M. and finish by 6 P.M. Chilling the solution may improve the taste. Then drink at least ONE ADDITIONAL LITRE of water or permitted clear fluids. This is separate from the litre used to mix the prep.

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.

Dissolve the SECOND PEG 3350 packet in 1 litre of water and mix well.

Start drinking FOUR HOURS BEFORE ARRIVAL. Finish the FULL LITRE within ONE HOUR. You may need to wake up early in the morning.

Then drink at least ONE ADDITIONAL LITRE of water or permitted clear fluids. This is separate from the litre used to mix the prep. Finish it before the fluid cut-off.

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 9 a.m. arrival

5–6 a.m.: drink the full litre of prep. By 7 a.m.: finish at least 1 additional litre of clear fluids, then STOP all fluids. Arrive at 9 a.m., 30 mins before the procedure.

Finishing the prep and know when to get help

Complete both doses even if your bowel movements already look clear. By the end, they should be watery, clear or light yellow, without solid stool. If nausea or mild bloating develops, temporarily pause or slow down, then resume when you feel better while keeping to the fluid cut-off. Ginger ale may help. Ask a clinician or pharmacist before taking an 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.