

Colon Screening Program

Bowel Preparation: PEG 4L



Interior Health
Every person matters

Patient Information

www.interiorhealth.ca

Getting Ready for your Colonoscopy

Colonoscopy Date	Time	Report to	Endoscopist
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Please review the following documents for information about your upcoming colonoscopy:

- Colonoscopy Patient Information
- Conscious Sedation for Endoscopy

Colonoscopy questions? Call a Colon Screening Patient Coordinator at: 250 - 344 - 3007

Scheduling questions? Call the Booking Office at: 250 - 344 - 3010

Bowel Preparation Instructions

Please read all the instructions below before you start your preparation, as the doctor's ability to visualize your colon depends on a thorough bowel preparation.

You will need to purchase, **at least one (1) week** before your colonoscopy:

One (1) jug of **POLYETHYLENE GLYCOL (PEG)** bowel cleansing preparation, such as **COLYTE** or **PEGLYTE**.

Two (2) tablets of chewable **SIMETHICONE (GAS-X)**.

PEG 3350 (RESTORALAX or LAX-A-DAY) _____

These are available at any pharmacy without a prescription.

For 5 days BEFORE your colonoscopy:

- **DO NOT EAT** all nuts, all seeds, all foods that contain seeds such as berries, cucumbers, tomatoes, all leafy green vegetables, all raw vegetables (cooked and steamed vegetables are OK), multigrain breads, popcorn, oatmeal, corn, quinoa, and granola. **Please write the date on your calendar to change your diet.**

Key Points

- If you take blood thinners and/or diabetic medications, please discuss your medication requirements with your primary care provider and patient coordinator before your colonoscopy.
- Stop **ALL** iron and fiber supplements, including Metamucil, seven (7) days before your colonoscopy.

more information on other side →

Healthlink BC	Nurse	24 hours a day	Daily	Call 8-1-1 to speak with a nurse, ask a dietitian about nutrition, or a pharmacist about your medication.
Call 8-1-1	Dietitian	9 am – 5 pm	Mon – Fri	
	Pharmacist	5 pm – 9 am	Daily	
www.healthlinkbc.ca	Hearing Impaired	Call 7-1-1		

Colon Screening Program Bowel Preparation PEG 4L *(continued)*

Date: 2 days before your colonoscopy

- **Eat lightly**, no heavy dinner. Follow the dietary restrictions above.

Date: day before your colonoscopy

- **NO** solid food.
- Drink clear fluids **ONLY**, all day, for example:
 - » Water, pulp-free juice (apple, white grape, white cranberry), broth/bouillon, popsicles, jello, Gatorade, Vitamin water, ginger ale, clear black tea or coffee (no milk, cream, or milk alternatives).
 - » Drink a variety of clear liquids, not water alone, to ensure sugar and electrolyte intake.
 - » The more clear fluids the better.
 - » **Avoid** red, blue and purple food colouring.

- Mix the **PEG** preparation in the jug provided. It may taste better if chilled beforehand in the fridge.
- **At 4:00 p.m.**, drink one (1) cup of well-shaken **PEG** preparation every 15 minutes until two (2) litres are gone. If this is difficult, you may increase to 30 minutes.
- **It is important that you drink two (2) litres of PEG.**
- **Continue drinking clear fluids for the rest of the day.**

- Chew one (1) tablet of **SIMETHICONE (GAS-X)** as you drink the **PEG**.

Date: day of your colonoscopy

- **NO** solid food.
- Drink clear fluids **ONLY**.
- _____ (6) hours before your colonoscopy, drink the remaining two (2) litres of **PEG**, as you did the day before.
- **It is important that you finish the last two (2) litres of PEG.**
- You may drink clear fluids until _____ (3) hours before your colonoscopy time, and then nothing until after the colonoscopy.
- Chew one (1) tablet of **SIMETHICONE (GAS-X)** as you drink the **PEG**.
- _____

- You may take your medications with a sip of water, unless told otherwise by your primary care provider.

Additional Instructions

- Please bring your BC care card.

- Please do not wear scented products.

- Due to medications given for sedation, you should not drive for 24 hours after your colonoscopy.
