

## Follow your bowel preparation carefully.

### PREPARATION FOR A COLONOSCOPY WHEN ARRIVAL TIME IS BEFORE 10 AM

#### DAY BEFORE COLONOSCOPY

- ☐ Eat a light breakfast (toast, tea, coffee, juice).
- ☐ Drink only clear fluids after breakfast. Solid foods, milk or milk products are NOT allowed until after the colonoscopy is completed.
- ☐ **At 5 PM**, drink 2 (TWO) litres of Peglyte within 2 hours—an 8 oz glass every 10–15 minutes. Chilling the Peglyte and rapidly drinking each glass can make it easier to tolerate.
- ☐ Ideally, the best time to take the second 2 L dose is 4–6 hours before your procedure. We recognize that not everyone can do this. If you are able to go to bed earlier and wake up 4–6 hours before the colonoscopy arrival time to take the second dose, the preparation will be better. If you are unable to do this, at 10 PM drink the remaining 2 (TWO) litres of Peglyte within 2 hours or as late as you can that evening.

#### DAY OF COLONOSCOPY

- ☐ You must have finished the Peglyte solution at least 4 hours before your appointment time.
- ☐ Take any required medication with a sip of water.
- ☐ Only drink clear fluids; do not eat any solid food.
- ☐ **STOP drinking all fluids 2 hours before your arrival time. That is: you are to take nothing by mouth from this moment on. This also means avoiding candy and chewing gum 3 hours before your arrival time.**

### PREPARATION FOR A COLONOSCOPY WHEN ARRIVAL TIME IS AFTER 10 AM

#### DAY BEFORE COLONOSCOPY

- ☐ Eat a light breakfast (toast, tea, coffee, juice).
- ☐ Drink only clear fluids after breakfast. Solid foods, milk or milk products are NOT allowed until after the colonoscopy is completed.
- ☐ **At 8 PM**, drink 2 litres of Peglyte within 2 hours—an 8 oz glass every 10–15 minutes. Chilling the Peglyte and rapidly drinking each glass can make it easier to tolerate.

#### DAY OF COLONOSCOPY

- ☐ Starting 5–6 hours before the time, you are to arrive at the hospital, drink the remaining 2 litres of Peglyte. For example, if you are to arrive at 10 AM, start at 5 AM. Drink the Peglyte within 2 hours.
- ☐ It is important you finish your preparation at least 3 hours prior to your scheduled arrival time. For example, if you are to arrive at 9 AM you need to be done by 6 AM.
- ☐ Take any required medication with a sip of water.
- ☐ Only drink clear fluids; do not eat any solid food.
- ☐ **STOP drinking all fluids 2 hours before your arrival time. That is: you are to take nothing by mouth from this moment on. This also means avoiding candy and chewing gum 3 hours before your arrival time.**