

COLONOSCOPY APPOINTMENT

MEDICATION



Date: ___ / ___ / ___

Date to be stopped: ___ / ___ / ___

Time: ___ : ___ AM/PM

Important



No solid food or milk should be taken the day of the colonoscopy.

Acceptable clear fluids



- Water
- Clear broths
- Clear pulp-free (apple, white grape, white cranberry)
- Clear soft drinks (Ginger Ale, Sprite)
- Jell-O[®], popsicles
- Tea, herbal tea, coffee without milk

We encourage you to drink additional clear liquids to ensure proper cleansing of the bowels.

Do not drink the following beverages



- **NO** red or purple liquids
- **NO** alcoholic beverages
- **NO** milk or dairy substitutes
- **NO** liquids that you can't see through

Precautions

• Abdominal bloating or distention may occur before the first bowel movement. If your abdominal distention or discomfort continues, stop drinking the PEG/Electrolytes solution temporarily or drink each portion of 240 mL at longer intervals (more than 10 minutes) until your symptoms disappear.

- If you experience severe bloating, distention or abdominal pain, administration of the solution should be slowed or temporarily discontinued until the symptoms abate. Report these events to your physician.
- Inform your doctor immediately if you experience severe abdominal pain or rectal bleeding.

Follow a clear liquid diet



No solid food or milk
(clear liquids only should be taken
- see list)

STEP
1



MORNING

- a) Prepare the PEG/Electrolytes solution as follows:
 - Dissolve the entire contents of one sachet in 1L (32 ounces) of water
- b) Mix rapidly 2-3 minutes until a clear solution forms
- c) Repeat steps a) and b) with the second sachet
- d) Refrigerate the solution to improve the taste.

STEP
2



AFTERNOON

Take the 3 bisacodyl tablets (total of 15 mg) with water at ___:___ PM
(to be confirmed by your physician).

Do not chew or crush the tablets.
No antacids should be taken within one hour of taking the bisacodyl tablets.



STEP
3



EVENING

- At ___ : ___ PM (to be confirmed by your physician), rapidly drink a glassful (240 mL) of the PEG/Electrolyte solution every 10 minutes (total of 4 glasses) until the 1L solution is finished.



Check off each glass
after consumption

- You will begin to have a watery bowel movement within 1 hour and continue to have loose bowel movements for 1 to 2 hours after finishing the solution.

Day of colonoscopy procedure



No solid food or liquid nor milk
should be taken the day
of your colonoscopy.

- 4h before your appointment, rapidly drink a glassful (240 mL) of the PEG/Electrolyte solution every 10 minutes (total of 4 glasses) until the 1L solution is finished.



**Please have a responsible
adult to accompany
you home after
your colonoscopy.**



Check off each glass
after consumption