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PREPARATION FOR COLONOSCOPY

PURCHASE FROM YOUR DRUG STORE:
One package of **Bi-Peg Lyte**, which contains 2 packets and a blister pack of Dulcolax
No prescription is required

DIET BEFORE COLONOSCOPY:
Stop eating nuts, seeds, berries, popcorn, high fiber, iron pills 5 days before your colonoscopy

2 DAYS BEFORE YOUR COLONOSCOPY APPOINTMENT:
After a light dinner take 3 tablets of Dulcolax with a glass of water at 6 pm.

THE DAY BEFORE YOUR COLONOSCOPY APPOINTMENT:
NO SOLID FOOD, MILK OR MILK PRODUCTS!!!
1/ Start drinking clear fluids in the morning, roughly 2 glasses every hour
2/ Continue drinking clear fluids until 3 hours before your colonoscopy appointment

You should drink at **least 3-4 liters** of clear fluids on the day before your colonoscopy!
Do not drink red, blue or purple fluids.
Clear fluids include: water, Gatorade, clear fruit juice (e.g. apple juice), clear tea and black coffee, pop, clear broth, jello.

How to prepare and take Bi Peg Lyte?
Empty 1 sachet into 1Liter of water. Stir until crystals are dissolved.
Drink a glass of the prepared mixture every 10-15 minutes until finished.

1/ Drink the first liter of Bi Peg Lyte at 5 pm the day before your colonoscopy
2/ Continue drinking clear fluids 2 glasses every hour before you go to sleep
3/ Drink the second liter of Bi Peg Lyte 5 hours before your colonoscopy appointment
4/ Continue drinking clear fluids until 3 hours prior to your colonoscopy appointment
5/ Stop drinking fluids 3 hours before your colonoscopy appointment

It is crucially important that you follow the above instructions. Failure of cleaning your bowels properly might result in cancelation of your colonoscopy.
Bowel prep causes dehydration. Drink plenty of clear fluids as recommended above.

Diabetics. Do not take your oral diabetic medications on the day of your procedure. If you are on Insulin, please follow the directions given by your family doctor
Blood thinners. If you are on **Warfarin, Plavix, Effient or Brilinta**, stop your medications 5 days prior to your colonoscopy appointment. If you take **Xarelto, Eliquis or Pradaxa**, stop your medications 2 days before your colonoscopy appointment.
Legal impairment after colonoscopy. You will not be able to drive, work with machinery, drink alcohol, be responsible for another person or be involved in dangerous activities (cycling, climbing, swimming, etc.) for 24 hours after colonoscopy.
Your ride. You must have a responsible person to take you home after colonoscopy, or your exam may be cancelled.