



**INSTRUCTIONS FOR 4L PEG PREP GASTROSCOPY/COLONOSCOPY:**

DATE OF PROCEDURE: \_\_\_\_\_ ARRIVAL TIME: \_\_\_\_\_

Purchase

- any 4L PEGlyte prep
- 4 Tablets of Dulcolax (5mg)  
*(These medications can be purchased over the counter; no prescription is required)*

**READ THIS PAGE CAREFULLY**

**SOMEONE MUST EITHER ACCOMPANY YOU OR IS AVAILABLE TO PICK YOU UP FROM THE APPOINTMENT.**

We cannot perform a procedure without confirmation that someone will accompany you after. Sedation is given to keep you comfortable during the procedure. **NO DRIVING FOR 24 HOURS** – WAIVER MUST BE SIGNED ON THE DAY OF THE PROCEEDURE.

*Please bring a valid health card to your appointment. Be advised that no show or cancellations will be charged a fee without at least 48 hours' notice; \$200.00 for procedure and \$50.00 for consultation/follow-up.*

**Please refrain from using any recreational drugs including marijuana for 72 hours before your procedure.**

**DIETARY RESTRICTIONS:** 3 days prior to the procedure: STOP taking iron supplements and fiber supplements. AVOID foods that contain small, hard to digest foods like the following: Iron pills, nuts, seeds, berries, grapes, multigrain breads/cereals, or sweet corn

**MEDICATION RESTRICTIONS:** If you are on any of the following medications please book an appointment to discuss with the specialist first:

- Coumadin (Warfarin)
- Ticlopidine (Ticlid), Clopidogrel (Plavix)

**ONE DAY before the procedure:** No solid food for breakfast, lunch or dinner. Drink only clear fluids (for example water, white grape juice, white cranberry juice, pop like 7-up sprite or ginger ale, clear Gatorade like G2, or vegetable broth) Any fluid that you can see through that is not dark red, purple, or blue. No milk.

**At 2 pm:** Take the 4 Dulcolax pills

**At 5 pm:** Mix the bowel preparation with 4 liters of water. (You may chill the preparation mixture to make it easier to drink) Drink one glass every 10 minutes until at least 2 liters are gone.

**6 to 9 hours before your procedure:** Drink the remaining bowel prep until all of it is gone. Drink about one glass every 10 minutes *\*If you are an early riser and prefer to take the 2<sup>nd</sup> dose of preparation early the next morning, you must finish the preparation at least 3-4 hours before your scheduled appointment time.*

**NOTHING BY MOUTH 3 HOURS BEFORE YOUR PROCEDURE (No water, or food)**

**Please note:** The bowel prep will cause you to have frequent bowel movements. Kindly ensure that you have reasonable access to a washroom

**Medications:** Take your usual medications on the day of your test with a small sip of water.

**After the procedure:** you will stay in the recovery area until you are awake and ready to go home. You will be given instructions on how to care for yourself when you get home. Rest for the remainder of the day. You may have minor problems such as bloating or cramping which should go away within 24 hours. For 24 hours after the procedure you may not drive a vehicle, ride a motorcycle, operate machinery, or drink any alcohol.