

**COLONOSCOPY PREPARATION with Bi-PegLyte**

**Your procedure is at Mount Sinai Hospital Endoscopy Unit.**  
<https://www.mountsinai.on.ca/patients/directions-parking>

**Your arrival time is:** \_\_\_\_\_ **on** \_\_\_\_\_.

**Your procedure time is:** \_\_\_\_\_

Dr. Natasha Bollegala

Dr. Jeff Stal

Dr. Talia Zenlea

**IF YOU TAKE BLOOD THINNERS OR ASPIRIN:**

If you are on blood thinners (e.g. Coumadin, Eliquis, etc.), please call us at (416) 323-7543 as soon as possible. Failure to notify us prior to your procedure may result in your procedure being cancelled.

If you are on Aspirin, please follow the advice of your family doctor.

<b>Date</b>	<b>Action</b>
<b>Two (2) weeks prior</b> to procedure	Call to confirm appointment 416-323-6400 ext 5928 <b>(please see attached cancellation policy)</b> .  You will need to purchase <b>Bi-PegLyte</b> (which contains 2 pouches). The package also includes 3 bisacodyl (Dulcolax) tablets which we recommend you <b>DO NOT TAKE</b> . Please disregard those tablets.
<b>One (1) week prior</b> to procedure	Do not eat any foods containing small seeds (e.g. kiwi, raspberries, poppy seeds etc.).
<b>Three (3) days prior</b> to procedure	Do not eat any foods containing whole grains or nuts (e.g. cereals, oatmeal or brown bread).
<b>DAY BEFORE</b> procedure	You will be on <b>clear fluids for the entire day</b> , starting first thing in the morning. Have no solid foods, milk or dairy products or anything coloured <b>red or purple</b> . You may have clear fluids only, such as: <ul style="list-style-type: none"> <li>• Soft drinks (e.g., 7-up, Sprite, Ginger Ale)</li> <li>• Clear broth or bouillon</li> <li>• clear fruit juices (e.g., apple, white juices)</li> <li>• Water, tea or coffee (no milk or dairy creamer)</li> </ul>

	<ul style="list-style-type: none"> <li>• Jell-O, Ice popsicles</li> <li>• Sports drinks (e.g. Gatorade) are strongly recommended because they contain electrolytes which will prevent lightheadedness</li> </ul> <p><b>You MUST have a variety of clear fluids (nothing red or purple). Do NOT just drink water.</b></p> <p><b><u>7:00 pm:</u></b></p> <ul style="list-style-type: none"> <li>• Dissolve the entire contents of one pouch of <b>Bi-PegLyte</b> in 1L (32 ounces) of water and mix rapidly until a clear solution forms. No additional ingredients should be added to the solution.</li> <li>• Every 15 minutes, drink 8 oz of the solution until the full litre is consumed.</li> <li>• Drink 16 oz of clear fluids (as per guidelines above). This is a necessary step to ensure adequate hydration and an effective preparation.</li> </ul>
<p><b>DAY of PROCEDURE</b></p>	<p><b><u>6 hours prior to your procedure:</u></b></p> <ul style="list-style-type: none"> <li>• Dissolve the entire contents of the second pouch of <b>Bi-PegLyte</b> in 1L (32 ounces) of water and mix rapidly until a clear solution forms. No additional ingredients should be added to the solution.</li> <li>• Every 15 minutes, drink 8 oz of the solution until the full litre is consumed.</li> <li>• Drink 16 oz of clear fluids (as per guidelines above). This is a necessary step to ensure adequate hydration and an effective preparation.</li> </ul> <p><b><u>AFTER THIS STEP – HAVE NOTHING TO EAT OR DRINK AFTER UNTIL AFTER THE EXAMINATION IS COMPLETED.</u></b></p> <p>If you have <b>sleep apnea</b>, please bring your CPAP machine with you.</p> <p>If you <b>take blood pressure</b> or <b>heart medication</b>, please make sure to take this the morning of your procedure with a sip of water.</p> <p>If you are <b>diabetic</b>, do not take your diabetes medication on the morning of your test. Please let the nurse know when you arrive in surgical daycare that you are diabetic.</p> <p>Even if you think your preparation has not been effective, <b>please come in for your procedure anyway.</b></p> <p><b>One hour prior to your procedure</b>, report to the Mount Sinai Hospital Endoscopy Unit on the 6<sup>th</sup> floor <b><u>room 6-138</u></b>. Bring your valid OHIP card.</p> <p><b><u>DO NOT BRING ANY JEWELLRY OR VALUABLES WITH YOU.</u></b></p> <p><b><u>Your arrival time is not your procedure time.</u></b> You will be in hospital approximately <b>2</b> hours in total.</p>

<b>Going Home AFTER Procedure</b>	<p>Because a sedative is usually given for this procedure, <b>you MUST be accompanied by a friend or family member when you leave.</b></p> <p>You may take public transportation, or an uber/taxi provided you are accompanied on this ride by a family member or friend.</p> <p>Please note that you will be expected to provide a contact number for your escort in case of an emergency.</p> <p>If you choose to have the procedure done without any sedation you will not require an escort when going home.</p>
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# IMPORTANT

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## YOU MUST CONFIRM YOUR PROCEDURE

**Please call 416-323-6400 ext 5928 at least 2 weeks prior to your procedure date to confirm. Unconfirmed procedures may be cancelled.**

Any rescheduling requests or cancellations must be made with as much advanced notice as possible.

There is a **\$200 late cancellation fee** for missed procedures, or those cancelled with less than 5 business days notice.

Thank you.