



PEGLYTE EVENING INSTRUCTIONS FOR COLONOSCOPY

Date&Time: _____ **Doctor:** _____

Purchase the following: 1 jug of Peglyte and 1 box of Dulcolax tablets, which can be purchased at our clinic

- You must arrange for someone to accompany you to and from the clinic as you will not be able to drive for 24 hours following sedation. The person picking you up must meet you in the recovery area of the clinic.
- Bring juice, Gatorade or Powerade for after your procedure to restore energy.
- Wear loose fitted clothing to your appointment and do not bring any valuables.
- If you require a translator they must be present with you for your appointment.
- No cannabis use 48 hours prior to your procedure.

4 days before your appointment: Stop eating all seeds, nuts and grains including multigrain breads, flax seeds, fruits/vegetables with seeds (ie: tomatoes, cucumbers, watermelon, all types of berries).

Day before your appointment:
Eat a full breakfast and a light lunch After lunch drink clear fluids only no food. Clear fluids such as water, apple juice, clear or white Gatorade, 7-up, Sprite, ginger ale, white grape juice and white cranberry juice. No milk or dark fluids. <u>At 2pm:</u> Take 4 Dulcolax tablets with water <u>At 8pm:</u> Drink 2 liters of Peglyte
Morning of your appointment:
<u>4 hours before your appointment:</u> Drink the remaining 2 liters of Peglyte You must remain on clear fluid only no food up until your appointment

For Colonoscopy: Stop drinking all fluids including water 2 hours before your appointment

Colonoscopy with Gastroscopy: Stop drinking all fluids including water 3 hours before your appointment

Medication Restrictions (please confirm with your family doctor):

Stop Xarelto, Pradaxa, Eliquis 2 days prior to procedure
Stop Coumadin and Warfarin 5 days prior to procedure
Stop Plavix, Brilinta, Ticlid, Aspirin and Iron supplements 7 days prior to procedure
Medication for blood pressure, thyroid, cholesterol can be taken morning of appointment with a sip of water
Ozempic used for weight loss must be stopped 14 days prior to your procedure
You can take Tylenol or prescribed medication for pain control