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BOWEL PREPARATION INSTRUCTIONS FOR COLONOSCOPY

Transportation must be arranged following the procedure as no driving legally for 24 hours following sedation. Taxis are not acceptable unless another passenger is with you. Patient must have supervision at home following the procedure for approximately two hours.

- Purchase one **4 litre jug of PegLyte** from any pharmacy. No prescription is needed.
- **Clear Liquid Diet Includes:** water, clear juice (apple, white grape, white cranberry, iced tea), Sports drinks/Vitamin waters (no red/purple), Ginger Ale, clear tea or coffee (no cream or milk), Jell-O, popsicles, clear broth soups. **No red or purple colored drinks, no dairy/milk, no alcohol or juices with pulp.**

BOOKED: _____

****CALL THE OFFICE ONE WEEK PRIOR FOR ARRIVAL TIME****

DIRECTIONS TO GDC: Enter the Abbotsford Regional hospital main doors, turn right to hall with elevators (Fraser Wing), take to third floor, immediately to the left is General Day Care. Bring care card/photo ID. **You will be there approximately 3 hours from check in time.**

- **1 day before your colonoscopy: CLEAR FLUIDS ONLY, NO FOOD ALLOWED**
- Continue with a clear fluid diet throughout the entire day upon waking.
- At **4:00PM**, drink 2 liters of the PegLyte within 90 minutes (drink 1 glass every 10 minutes). It is better tolerated if well chilled in advance and should be taken through a straw.
- **The day of colonoscopy: Five hours before your arrival time**, drink the remaining 2 liters of PegLyte within 90 minutes.
- **Stop clear fluids two hours** before your arrival time.

PATIENTS MUST INFORM THE OFFICE OF ANY BLOOD THINNERS THEY HAVE BEEN PRESCRIBED.

Medications can be taken as normal unless otherwise directed

* Patients must remove all jewellery/metallic objects/body piercings prior to hospital arrival*
PATIENTS WHO ARE NOT FULLY PREPPED OR DO NOT ARRIVE FOR THEIR SCHEDULED COLONOSCOPY PROCEDURE, WILL BE CHARGED A \$250 FEE PAYABLE PRIOR TO REBOOKING.