

Bi-PegLyte[®] PATIENT INSTRUCTIONS FOR COLONOSCOPY

*** If you have not been assigned a date for colonoscopy on the day of consultation, please call our office to arrange for one. You are responsible for obtaining your appointment.***

YOUR PROCEDURE WILL BE ON: **Date:** _____ **Arrival Time:** _____

ADDRESS: Surgical Day Care, Mount Saint Joseph Hospital, 3080 Prince Edward Street, Vancouver, BC V5T 3N4 (on the Kingsway side of the building next to Emergency)

- Our office will contact you in about two business days before your scheduled date for the procedure time. If you have not received a call from us, **please call our office after 2pm, two business days before at (604) 559-8811.**
- You will be going home 1-2 hours after the procedure. You must arrange an adult to accompany you home after the procedure. Failure to arrange a ride will result in cancellation. Going home alone by taxi is not acceptable.

ONE WEEK BEFORE YOUR COLONOSCOPY

- **Please purchase ONE box of Bi-Peglyte[™] (includes 3 tablets of DULCOLAX (Bisacodyl) and 2 packets of Bi-Peglyte[™]) from a pharmacy.**
- Stop taking Aspirin, anti-inflammatories (e.g. Advil, ibuprofen), and iron supplements.
- If you are on blood thinners, e.g. Plavix, warfarin (Coumadin), apixaban (Eliquis), dabigatran (Pradaxa), rivaroxaban (Xarelto) or diabetes medications, please check with your family physician for specific instructions.
- Start to take a low fibre diet. Avoid whole grain breads, cereal, fruits with small seeds, and nuts.

ONE DAY BEFORE YOUR COLONOSCOPY

- You may take clear fluids only and no solid food. Drink lots of clear fluids (1-2 cups per hour, 1cup = 250mL)**

Clear Fluids include:

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|----------------------------------|---------------------|
| ✓ Water | ✓ Apple juice |
| ✓ Clear chicken broth | ✓ Power drinks |
| ✓ Jell-O (not red) | ✓ Lemonade |
| ✓ Tea and Coffee (without cream) | ✓ White grape juice |

DO NOT take:

- | | |
|------------------------|----------------|
| ✗ Red juices or fluids | ✗ Tomato juice |
| ✗ Congee | ✗ Orange juice |
| ✗ Milk | ✗ Cream soups |
| ✗ Cream | ✗ Oatmeal |
| ✗ Alcohol | |

- **Take Bi-Peglyte[™] according to the following instructions - PLEASE READ CAREFULLY.**
- You may choose to prepare and chill the Bi-Peglyte[™] in the fridge in advance to improve the taste.**

IF YOUR ARRIVAL TIME IS BEFORE 8:30 AM:

ONE DAY BEFORE YOUR COLONOSCOPY

- STEP 1 Take the 3 tablets of DULCOLAX (Bisacodyl)
AT 8AM - do not crush or chew tablets
- STEP 2 Dissolve one packet into 4 cups (1000mL) of
AT 5PM cold water. Drink 1 cup (250mL) every 15
 minutes.
- STEP 3 Dissolve the second packet into 4 cups
AT 9PM (1000mL) of cold water. Drink 1 cup (250mL)
 every 15 minutes.

IF YOUR ARRIVAL TIME IS AT OR AFTER 8:30 AM:

ONE DAY BEFORE YOUR COLONOSCOPY

- STEP 1 Take the 3 tablets of DULCOLAX (Bisacodyl)
AT 8AM - do not crush or chew tablets
- STEP 2 Dissolve one packet into 4 cups (1000mL) of cold
AT 6PM water. Drink 1 cup (250mL) every 15 minutes.

ON THE DAY OF YOUR COLONOSCOPY

- STEP 3 Dissolve the second packet into 4 cups (1000mL) of
AT 6AM cold water. Drink 1 cup (250mL) every 15 minutes.

ON THE DAY OF YOUR COLONOSCOPY

- ONLY DRINK clear fluids up to 3 hours before your procedure, then STOP all fluids.** Your test may be cancelled otherwise.
- Please DO take your heart, blood pressure, and breathing medication at the usual time with sips of water.
- After anesthesia, you should not drive any vehicle, travel alone by public transportation or consume alcohol.

Bi-PegLyte[®] 腸鏡檢查前的預備指南

如果您還未知道腸鏡檢查日期，請致電診所預約檢查。此為您的個人責任。

腸鏡檢查日期：_____ 到達醫院時間：_____

地址：聖若瑟醫院 Surgical Day Care, Mount Saint Joseph Hospital, 3080 Prince Edward Street, Vancouver, BC V5T 3N4 (在 Kingsway 入口，急症室旁)

- 診所會在腸鏡日期的兩個工作天前致電通知您腸鏡檢查的時間，但如您在兩個工作天前下午 2 pm 後仍接不到通知，請致電診所 (604) 559-8811 確認腸鏡檢查的時間。
- 您可以在腸鏡檢查完畢後 1-2 小時回家。您必須安排一位成年人送您回家，否則腸鏡檢查會被取消。您不能獨自乘坐計程車回家。

腸鏡檢查一週前的準備

- 請到藥房購買一盒 Bi-Peglyte[™] 藥粉(包含 3 片 DULCOLAX (Bisacodyl) 藥片及 2 包 Bi-Peglyte[™] 藥粉)準備作清腸之用。
- 在腸鏡檢查 1 週前停止服用阿士匹靈、消炎藥 (如 Advil, ibuprofen)或補鐵藥。
- 如您有服用稀血藥，如 Plavix, warfarin (Coumadin), apixaban (Eliquis), dabigatran (Pradaxa), rivaroxaban (Xarelto) 或糖尿病藥，請與家庭醫生查詢。
- 開始低渣飲食。避免全穀類食品、麥包、纖維含量高的蔬菜、水果及堅果類。

腸鏡檢查一天前的準備

- 您只可飲用無渣透明的飲料及不可進食任何食物，並需要大量地飲用飲料 (每小時 1-2 杯，1 杯 = 250mL)

可飲用的無渣飲料：

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|--------|---------------------|
| ✓ 水 | ✓ 檸檬水 |
| ✓ 清雞湯 | ✓ 能量飲料 (如 Gatorade) |
| ✓ 蘋果汁 | ✓ 清茶或咖啡 (不可加奶) |
| ✓ 白葡萄汁 | ✓ 果凍 Jell-O (非紅色的) |

絕不可飲用：

- | | |
|------------|--------|
| ✗ 紅色的果汁或飲料 | ✗ 蕃茄汁 |
| ✗ 粥 | ✗ 橙汁 |
| ✗ 牛奶或奶類食品 | ✗ 忌廉湯類 |
| ✗ 酒 | ✗ 麥片 |

- 請按以下指示服用 Bi-Peglyte[™] 藥粉 – 請小心閱讀。
- 您可以選擇把 Bi-Peglyte[™] 藥水預先冷藏才服用，來改善藥水的味道。

如安排在 **08:30am** 前到達醫院：

在腸鏡檢查前一天

- 第 1 步 服用 3 片 DULCOLAX (Bisacodyl) 藥片 – 不可壓碎或咀嚼藥片
上午 8AM
- 第 2 步 把第一袋藥粉溶解在 4 杯 (1000mL) 的冷水。然後每 15 分鐘飲用 1 杯 (250mL) 藥水。
下午 5PM
- 第 3 步 把第二袋藥粉溶解在 4 杯 (1000mL) 的冷水。然後每 15 分鐘飲用 1 杯 (250mL) 藥水。
下午 9PM

如安排在 **08:30am** 正或之後到達醫院：

在腸鏡檢查前一天

- 第 1 步 服用 3 片 DULCOLAX (Bisacodyl) 藥片 – 不可壓碎或咀嚼藥片
上午 8AM
- 第 2 步 把第一袋藥粉溶解在 4 杯 (1000mL) 的冷水。然後每 15 分鐘飲用 1 杯 (250mL) 藥水。
下午 6PM
- 在腸鏡檢查當天上午**
- 第 3 步 把第二袋藥粉溶解在 4 杯 (1000mL) 的冷水。然後每 15 分鐘飲用 1 杯 (250mL) 藥水。
上午 6AM

腸鏡檢查當天的準備

- 在腸鏡檢查前的 3 小時，您不可吃喝任何食物或飲料，否則您的腸鏡檢查會被取消。
- 請按時如常服用您的心臟藥、血壓藥和氣喘噴劑，可用少量的水服藥。
- 在接受麻醉後的 24 小時內，不可駕駛，獨自乘坐公共交通或喝酒。