

Centre intégré de santé et de services sociaux
de la Montérégie-Ouest

PegLyte or CoLyte Preparation

WHAT YOU NEED TO KNOW

A colonoscopy is an exam that allows the doctor to see inside the intestine (colon). The exam consists of introducing a flexible tube equipped with a camera into your anus.

In order for the doctor to see the walls of your colon clearly, all of your stools need to be eliminated. You can do this by:

- following the required diet;
- drinking the specified preparation (laxative);
- drinking plenty of fluids.

The quality of the exam will depend on how well you follow the preparation instructions. To avoid having to repeat the exam, it is very important to carefully follow the instructions below to ensure that your colon is thoroughly cleansed.

Diet to follow

7 days before the exam

Stop eating the following foods and products:

- chia;
- flaxseed;
- fiber supplements (e.g. Metamucil, Prodiem)
- nuts;
- salad;
- sesame;
- soy (seeds only).

3 days before the exam

You can eat low-fiber foods.

Avoid the following foods:

- corn;
- brown bread;
- foods containing small seeds (e.g. raspberries, strawberries, blackberries, grapes, etc.);
- high-fiber cereals (e.g. All-Bran);
- legumes;
- multigrain bread.

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The day before the exam (all day)

You should avoid eating solid or pureed foods. Only certain clear liquids are allowed. It's important to drink liquids from the list below to keep you hydrated and help your colon cleanse itself.



Clear liquids allowed:

- water;
- sports drinks such as Gatorade or Powerade **except red or purple flavours**;
- clear fruit juices (orange without pulp, apple, white cranberry, white grape, lemonade) **except red or purple flavours**;
- broth or clear consommé (beef or chicken);
- Jell-O, **except red or purple flavours**;
- white or pale soft drinks (e.g. ginger ale, 7up, Sprite, etc);
- iced tea;
- Kool-Aid, **except red or purple flavours**;
- black coffee, tea, herbal tea (**careful not to add add milk or cream**).



Prohibited liquids:

- dairy products;
- drinks such as Boost, Ensure, Glucerna;
- juice with pulp;
- tomato or vegetable juice;
- red- or purple-coloured liquids;
- dark or coloured soft drinks (Coke, Pepsi, Moutain Dew, etc.);
- alcohol.

Important

The preparation causes nausea and bloating. If you experience persistent and uncomfortable nausea or vomiting after taking the preparation, speak to the pharmacist.

Preparation and laxatives

A few days before your exam, go to the pharmacy to buy:

- the **PegLyte or CoLyte** preparation;
- 3 bisacodyl 5 mg tablets.

These products are available without a prescription.

We recommend that you speak to the pharmacist, as there are several products available on the market.

Do not take any antacids
(e.g., Tums, Rolaids, Maalox, Pepto-Bismol, Gaviscon)
in the hour after taking the bisacodyl tablets.

The day before the exam, when you get up:

- Start following the clear liquid diet.
- Drink at least 250 mL (8 oz) of clear liquid every hour.
- Prepare the PegLyte preparation as follows:
  - fill the container with warm water up to the fill line (4 litres);
  - put the cap on tightly and shake well until all ingredients have dissolved;
  - refrigerate the preparation (to improve the taste).

The day before the exam, around 12 p.m:

- Swallow the 3 bisacodyl tablets 5 mg with water.

The day before the exam, around 5 p.m.:

- **Drink about 250 mL** (8 oz) of the PegLyte preparation **every 10 minutes**, until you have drank a **total of 2 litres** (64 oz).
- Refrigerate the remaining 2 litres of the preparation until the next day.

Important

You should start having watery stools (diarrhea) within an hour after drinking the first 2 litres of the preparation.

The day of the exam: no food permitted.

- Only drink **water** (no other clear liquids permitted).

The day of the exam, at least 4 hours before your appointment:

- **Drink about 250 mL** (8 oz) of the PegLyte preparation **every 10 minutes**, until you have drank a **total of 2 litres** (64 oz).



The day of the exam, 2 hours before your appointment:

- Stop drinking.

Be sure to follow the instructions you have been given on how to take your medications.

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