Bowel Preparation for Chronic Kidney Disease before Colonoscopy
Bowel Preparation

For patients with chronic kidney disease (gfr < 30 ml/min) requiring a colonoscopy.

You will need to get one of the following preparations from your pharmacy:

1. Bi- Peglyte which is a kit that contains 3 bisacodyl 5 mg tablets and the Peg-lyte powder for solution (2 litres). This kit is generally cheaper than option 2.

2. If the above kit is not available in your pharmacy you can purchase a small package of bisacodyl 5 mg enteric coated tablets. You will only need to take 3 of these tablets (Brand name: Dulcolax) and Peg-lyte powder for solution (4 litres of which you will only use 2 litres). Brand names are: Golytely or Colyte.

- Ask your pharmacist if you have trouble finding these specific products.
- Do not use any phosphate products such as Fleet Phospho-soda, Phoslax, Phosphate Solutions.
Beginning the day before your procedure, drink only clear liquids until after your colonoscopy. This may include:

- No salt added broth
- Kool-Aid, clear fruit drink crystals
- Jell-o
- Coffee without cream or sugar
- Clear soft drinks (non-cola)
- Clear fruit juices (apple, white cranberry/grape)

Avoid liquids that are red or purple in colour.

Since you are not eating solid foods, you do not need to take your phosphate binders during this preparation period.

If you have diabetes, you should choose sugar-free options for your clear liquids.
The preparation steps are the same whether you are starting in the early or late afternoon. Follow the 4 steps below, choosing the early or late times as your doctor or nurse told you.

<table>
<thead>
<tr>
<th>Early afternoon bowel preparation start:</th>
<th>Late afternoon bowel preparation start:</th>
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<td>1:00 p.m.</td>
<td>4:00 p.m.</td>
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**Step 1: Take 3 bisacodyl 5 mg tablets.**

Take three bisacodyl tablets with water. **DO NOT** chew or crush the tablets. Do not take the bisacodyl tablets within 1 hour of taking an antacid or phosphate binder.

| 1:30 p.m. | 4:30 p.m. |

**Step 2: Mix Peg-lyte solution.**

Mix the Peg-lyte solution according to the package instructions. Refrigerate this liquid to make the taste better. Do not add anything (other than flavour packs if they were included) to the solution.

**Note:** If you are using the Peg-lyte solution (Golytely or Colyte in option 2), you will only drink 2 litres of the 4 litre solution.
**Step 3: Wait for a bowel movement.**

After a bowel movement occurs (usually in 1 – 6 hours), begin to drink the solution. If no bowel movement occurs after 6 hours, start to drink the solution. (See step 4).

**Step 4: Drink solution.**

Drink 1 (8 ounce) glass every 10 minutes. Drink each glass quickly rather than drinking small amounts continuously. Continue drinking 1 glass every 10 minutes until you have finished 2 litres of solution (about 8 glasses).

A watery bowel movement should begin in approximately 1 hour. You will still have loose bowel movements for about 1 – 2 hours after you finish drinking the solution.

Your stomach area may get bloated. This is normal. If severe discomfort or distension (stretching) occurs, drink each glass at longer intervals or take a little break until these symptoms disappear.

Remember: DO NOT eat food or drink milk on the day of the preparation or before the test. Only clear liquids are ok.

If you have questions about using Peg-lyte Solution and Bisacodyl Tablets, be sure to ask your doctor or pharmacist.
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