



Patient & Family Guide
2016

Bowel Preparation for Chronic Kidney Disease Before Colonoscopy



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Bowel Preparation

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

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

1. Bi-Peglyte® is a kit that contains 3 bisacodyl 5 mg tablets and the Peglyte® powder for solution (2 litres or 8 cups). This kit is generally cheaper than option 2.
2. If the above kit is not available in your pharmacy, you can buy a small package of bisacodyl 5 mg enteric coated tablets. You will only need to take 3 of these tablets (brand name: Dulcolax®) and Peglyte® powder for solution (4 litres or 16 cups) of which you will only use 2 litres or 8 cups). Brand names are Golytely® or Colyte®.

Ask your pharmacist if you have any trouble finding these products.

Do not use any phosphate products such as Fleet® phospho-soda, Phoslax™, or phosphate solutions.

Starting 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, or grape)

Limit 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, 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 instructed you.

Early afternoon bowel preparation start:	Late afternoon bowel preparation start:
1 p.m.	4 p.m.
<p>Step 1: Take 3 bisacodyl 5 mg tablets.</p> <p>Take 3 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.</p>	
1:30 p.m.	4:30 p.m.
<p>Step 2: Mix Peglyte® solution.</p> <p>Mix the Peglyte® solution according to the package instructions. Refrigerate the solution to make it taste better. Do not add anything (other than flavour packs if they were included) to the solution.</p> <p>Note: If you are using the Peglyte® solution (Golytely® or Colyte® in option 2), you will only drink 2 litres (8 cups) of the 4 litre (16 cups) solution.</p>	

Step 3: Wait for a bowel movement (poop).

After your bowel movement, usually in 1-6 hours, start to drink the solution. If you don't have a bowel movement after 6 hours, start to drink the solution anyway. (See step 4.)

Step 4: Drink the 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).

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

Your stomach (belly) area may get bloated. This is normal. If severe (really bad) discomfort or distension (stretching) happens, drink each glass at longer intervals (over longer periods of time) or take a little break until these symptoms disappear.

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Prepared by: Renal Program ©

*Designed by: Nova Scotia Health Authority, Central Zone Patient Education Team
Printed by: Dalhousie University Print Centre*

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WQ85-1475 Updated September 2016

The information in this pamphlet is to be updated every 3 years or as needed.