

Bowel Preparation for Chronic Kidney Disease Before Colonoscopy

This pamphlet is for educational purposes only. It is not intended to replace the advice or professional judgment of a health care provider. The information may not apply to all situations. If you have any questions, please ask your health care provider.

Find all patient education resources here:
www.nshealth.ca/patient-education-resources

Connect with a registered nurse in Nova Scotia any time:
Call 811 or visit: <https://811.novascotia.ca>

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

[illegible]

- Your stomach (belly) may get bloated. This is normal.
- If you have shortness of breath (trouble breathing) or swelling, call the renal team right away.
- If you are very uncomfortable or your stomach becomes distended (stretched), drink each glass over a longer period of time, or take a short break and start again when these symptoms go away.

The day of your colonoscopy

appointment:

- 5 to 6 hours before your appointment, drink 2 litres of the PegLyte[®], GoLYTELY[®], or Colyte[®] solution.
- Stop drinking **all liquids 1 hour** before your appointment.

Bowel Preparation

From your pharmacy, you will need:

- A small package of bisacodyl 5 mg enteric-coated tablets
 - › Brand name: Dulcolax[®]
 - › You will only need 2 tablets (10 mg)
- PegLyte[®] powder for solution (4 litres or 16 cups)
 - › Brand names: GoLYTELY[®] or Colyte[®]
- Ask your pharmacist if you have any trouble finding these products.
- **Do not use any phosphate products (like Fleet[®] Phospho-soda[®], Phos lax[™], or phosphate solutions).**

What are your questions?

Please ask a member of your health care team. We are here to help you.

Instructions

2 days before your colonoscopy appointment:

- At bedtime, take 3 bisacodyl (Dulcolax[®]) tablets (5 mg each) with water.
 - › **Do not chew or crush the tablets.**
 - › **Do not** take the tablets within 1 hour of taking an antacid or a phosphate binder (like Tums[®], Renagel[®], Amphojel[®]).
- This medication will help clean out your bowel (make you poop).

1 day before your colonoscopy appointment:

- **Drink only clear liquids until after your appointment.**
- Clear liquids include:
 - › Water
 - › Apple juice
 - › Clear or light-coloured pop (Sprite[®] or ginger ale)
 - › Clear fruit drinks (like drink crystals)
 - › Tea or coffee (no milk, cream, or sugar)
 - › Soup broth (no salt added or sodium-free)

- Limit liquids that are red or purple in colour.
- **If you have diabetes:**
 - › Ask your renal team about choosing the right sugar-free drink options.
 - › Ask your renal team about taking your usual medications.
- Since you are not eating solid foods, you **do not** need to take your phosphate binders (like Tums[®], Renagel[®], Amphojel[®]) until after your appointment.

The evening before your colonoscopy appointment:

- Between 5 and 7 p.m., drink 2 litres of the PegLyte[®], GoLYTELY[®], or Colyte[®] solution.
 - › Follow the package instructions to mix the solution.
 - › Keeping the solution in the fridge may make it taste better.
 - › **Do not** add anything to the solution other than flavour packs (if they were included).
 - › Drink 1 (8 oz or 250 ml) glass every 10 minutes. Drink each glass all at once rather than drinking small amounts at a time.
 - › Keep drinking 1 glass every 10 minutes until you have finished 2 litres of solution.