



Patient & Family Guide
2020

Bowel Preparation for Chronic Kidney Disease Before Colonoscopy



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Bowel Preparation

For patients with chronic kidney disease (eGFR < 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 (brand name: Dulcolax®). You will only need to take 3 of these tablets 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 white 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 told by your health care provider.

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| <p>Early afternoon bowel preparation start:</p> | <p>Late afternoon bowel preparation start:</p> |
| <p>1 p.m.</p> | <p>4 p.m.</p> |
| <p>Step 1: Take 3 bisacodyl 5 mg tablets.</p> <ul style="list-style-type: none"> • Take 3 bisacodyl tablets with water. Do not chew or crush the tablets. Do not take the tablets within 1 hour of taking an antacid or phosphate binder (e.g. Tums®, Renagel®). | |
| <p>1:30 p.m.</p> | <p>4:30 p.m.</p> |
| <p>Step 2: Mix Peglyte® solution.</p> <ul style="list-style-type: none"> • Mix the Peglyte® solution according to the package instructions. You may refrigerate the solution to make it taste better. Do not add anything (other than flavour packs if they were included) to the solution. <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 to 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 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 (about 8 glasses).
- You should have a watery bowel movement in about 1 hour. You will have loose bowel movements for about 1 to 2 hours after you finish drinking the solution.
- Your stomach (belly) area may get bloated. This is normal. If severe (very bad) discomfort or distension (stretching) happens, drink each glass over longer periods of time, or take a little break until these symptoms go away.

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

Learn about other programs and services in your community: call 211 or visit <http://ns.211.ca>

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The information is not intended to be and does not constitute health care or medical advice.

If you have any questions, please ask your health care provider.

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