

***Integral Gastroenterology Center, P.A.***  
***Venodhar Rao Julapalli, M.D.***

**Colonoscopy with PEG (Split-Dose) Preparation Instructions**

Procedure Date \_\_\_\_\_ Time \_\_\_\_\_ Arrival Time \_\_\_\_\_

**Please read these instructions carefully at least one week prior to your exam. Please call us if you have any questions at 281-880-GUTS (4887).**

Please contact our office if you have any of the following medical conditions and have not already discussed this with us:

- History of heart, lung, liver, or kidney disease
- Use of blood thinners such as Coumadin, Lovenox, or heparin
- Excessive bleeding during previous surgery or dental procedure
- Diabetes

**Medication and Diet Instructions**

**One week before your colonoscopy, STOP:**

- Iron
- Plavix (clopidogrel)

**Four days before your colonoscopy, STOP:**

- Coumadin (warfarin). If you have an artificial heart valve, you should talk with your primary care physician or cardiologist about using an alternative blood thinner.

**One day before your colonoscopy:**

- Start the “white diet” in the morning and have ONLY what’s permitted on the list supplied, all day. AVOID coffee and tea.
- Do not drink alcohol.
- Deviating from this diet will prevent adequate preparation of the colon for the exam and may result in cancellation of the procedure.
- It is important that you drink as much fluid as you can throughout the day.
- You need to STOP the white diet after midnight.

**Bowel Preparation**

You will need a prescription for PEG-3350 (polyethylene glycol). Please contact our office if you did not receive the prescription.

You will also need to purchase 2 Dulcolax (bisacodyl) 5 mg tablets, which are available over-the-counter. Be sure to get Dulcolax Laxative Tablets and NOT Dulcolax Laxative Suppositories or Dulcolax Stool Softener.

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You may want to use petroleum jelly or aloe baby wipes around the anal opening before starting your bowel prep and after each bowel movement to minimize irritation.

- The PEG solution supplied is 4 liters total, but you will be drinking ONLY 2 LITERS of it. Mix the PEG solution by adding lukewarm drinking water to the indicated line near the top of the jug. Shake jug until powder is mixed with liquid. The solution may be easier to take when chilled.
- **Day before procedure at 2 PM** Take the 2 Dulcolax tablets with water. Do not chew or crush the tablets.
- **Day before procedure at 5 PM** Begin drinking the first liter of the solution. Drink 1 (8 oz) glass of solution every 10 minutes until you reach the 3 Liter mark. Drink each glass quickly rather than drinking small amounts continuously. A watery bowel movement should begin in approximately 1 hour. Feelings of bloating or nausea are common after the first few glasses. This is temporary and will soon disappear once bowel movements begin. If the nausea becomes acute, stop drinking the PEG for 30 minutes, then resume drinking every 10 minutes as before. You should have 3 Liters remaining.
- **Day of procedure at 4 AM** Drink the second liter of solution, as you had with the first liter. Drink 1 (8 oz) glass of solution every 10 minutes until you reach the 2 Liter mark. You should have 2 Liters of solution remaining . Do not eat or drink any further after you finish the solution.
- **YOU MUST FINISH DRINKING THE FINAL GLASS OF CLEAR LIQUID BY 5AM THE MORNING OF YOUR PROCEDURE, OTHERWISE THE PROCEDURE MAY BE CANCELLED.**

## Day of Procedure

- If you take aspirin stop the aspirin on the day of the procedure.
- Do not eat or drink anything starting at midnight (12:00 AM) before your procedure.
- Except as otherwise indicated, you should take your regular morning heart and blood pressure medications with a few small sips of water.
- Arrive at the endoscopy center two hours before your procedure is scheduled.
- Wear comfortable clothing. Please leave your valuables at home. Please avoid using fingernail polish.
- Due to the sedation, a relative or friend will need to accompany you out of the facility and drive you home. You will NOT be allowed to take a taxi or public transportation home. Your procedure will be cancelled if you do not have a ride.
- Someone will need to remain with you for at least two hours after you are discharged to ensure that there are no problems from the sedation or the procedure.
- After your procedure, you should not drive, return to work, do any strenuous activity, or sign any legal documents until the following day.
- There is a small risk of serious bleeding for up to two weeks after a polyp is removed. We recommend that you stay within two hours of a medical facility during this time.
- Bring a list of your medications.