

Integral Gastroenterology Center, P.A.
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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).

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, until 1:30 PM.
- From 1:30 PM onward, have ONLY CLEAR LIQUIDS until midnight.
- Do not drink alcohol.
- Deviating at all from these instructions will prevent adequate preparation of the colon for the exam and may result in cancellation of your procedure.
- It is important that you drink as much clear fluid as you can throughout the day.

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.

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.

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- **Preparing the solution:** The PEG solution supplied is 4 liters total, but you will usually 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 the liquid. The solution may be easier to take when chilled.
- **Step 1: day before procedure at 2 PM** – Take the 2 Dulcolax tablets with water. Do not chew or crush the tablets.
- **Step 2: day before procedure at 5 PM** – Begin drinking the first liter of the solution. Drink one 8-oz glass of solution every 10 minutes, until you’ve had 1 liter (which is about 5 glasses). Drink each glass quickly rather than drinking small amounts continuously – if you don’t drink it in this way, it won’t work properly! 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 of solution remaining.
- **Step 3: day before procedure at 8 PM** – You may SKIP this step if you started to have bowel movements after Step 2. If you haven’t had a BM yet, drink 1 extra liter of solution by again drinking one 8-oz glass of solution every 10 minutes, until you’ve had 1 more liter (about another 5 glasses).
- **Step 4: day of procedure at 4 AM** – DO NOT SKIP THIS STEP, EVEN IF YOU FEEL YOU WERE PASSING CLEAR FLUID BY THE NIGHT BEFORE! THIS STEP IS IMPORTANT FOR THE BOWEL PREPARATION. Drink another 1 liter of solution, as you had before. Drink one 8-oz glass of solution every 10 minutes until you’ve had 1 liter (about another 5 glasses). You should have 2 liters of solution remaining (or 1 liter remaining if you had to do Step 3). Do not drink anything else after you finish the solution, except for a small sip of water with any medications you are allowed to take on the morning of your procedure.
- **YOU MUST FINISH DRINKING THE FINAL GLASS OF SOLUTION BY 5 AM 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.
- Except as otherwise indicated, you should take your regular morning heart and blood pressure medications with a few small sips of water, but hold your morning diabetes medications.
- Arrive at the endoscopy center one and a half hours before your procedure is scheduled.
- Wear comfortable clothing. Please leave your valuables at home. Please avoid using fingernail polish.
- Due to 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.