

PEG (polyethylene glycol) Instructions for Colonoscopy

Common Brands: Golytely, Colyte, Nulytely, Gavilyte, Trilyte

Date of procedure: add date **Arrive at:** add time Please select

Location of Department:

Ochsner Medical Center Please select

Please select

Please select

As soon as possible:

- Pick up your prep from pharmacy and over the counter DULCOLAX LAXATIVE TABLETS**

What You CAN do:

- You may have **clear liquids ONLY** -see below for list.

What You CANNOT do:

- Do not EAT solid food**, drink milk or anything colored red.
- Do not drink alcohol.
- Do not take oral medications within 1 hour of starting each dose of prep.
- No gum chewing or candy morning of procedure

Liquids That Are OK to Drink:

- Water
- Sports drinks (Gatorade, Power-Aid)
- Coffee or tea (no cream or nondairy creamer)
- Clear juices without pulp (apple, white grape)
- Gelatin desserts (no fruit or toppings)
- Clear soda (sprite, coke, ginger ale)
- Chicken broth (until 12 midnight the night before procedure)

Note:

- (Please disregard the insert instructions from pharmacy).
- PEG Bowel Prep is indicated for cleansing of the colon as a preparation for colonoscopy in adults.
- Be sure to tell your doctor about all the medicines you take, including prescription and non-prescription medicines, vitamins, and herbal supplements. PEG Bowel Prep may affect how other medicines work.
- Medication taken by mouth may not be absorbed properly when taken within 1 hour before the start of each dose of PEG Bowel Prep.

It is not uncommon to experience some abdominal cramping, nausea and/or vomiting when taking the prep. If you have nausea and/or vomiting while taking the prep, stop drinking for 20 to 30 minutes then continue.

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How to take prep:

PEG Bowel Prep-**Two (2) gallon containers.**

Two (2) containers of prep are required for a complete preparation for colonoscopy. Dilute the solution concentrate as directed prior to use. You **must** drink water with each dose of prep, and additional water after each dose.

IMPORTANT: If you experience preparation-related symptoms (for example, nausea, bloating, or cramping), stop or slow the rate of drinking until your symptoms decrease.

DOSE 1—2 Days Before Colonoscopy add date

Drink at least 6 to 8 glasses of clear liquids from time you wake up until you begin your prep and then **continue until bedtime** to avoid dehydration.

- You may have clear liquids **ONLY**.

Step 1-In the morning-Mix your entire container of prep with lukewarm water and refrigerate.

Step 2-12:00 pm (NOON) Take four (4) Dulcolax (Bisacodyl) tablets with at least 8 ounces or more of clear liquids.

Step 3-6:00 pm- Drink one 8 oz. glass of the prep **every 10-15 minutes** until the mixture is gone.
Set a timer as a reminder.

DOSE 2—Day Before Colonoscopy add date

Drink at least 6 to 8 glasses of clear liquids from time you wake up until you begin your prep and then **continue until bedtime** to avoid dehydration.

- You may have **clear liquids ONLY**.

Step 1-In the morning- Mix your entire container of prep with lukewarm water and refrigerate.

Step 2-6:00 pm- Drink **half the liquid** in the container within one (1) hour. **Refrigerate the remaining half of the prep for dose 3.** See below when to begin this step.

DOSE 3—Day of the Colonoscopy add date at **Please select.**

Step 1-Drink the **remaining half** of the prep within **1 hour**.

Step 2-You may continue drinking water/clear liquids until
4 hours before your colonoscopy or as directed by the scheduling nurse add time.

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For more information about your procedure, please watch this informational video.

Options for viewing:

- **Using a keyboard:** *press and hold the control tab (**Ctrl**) and left mouse click to follow link*
[Colonoscopy Video – YouTube](#)

OR

- *Type link address into your web browser's address bar:*
<https://www.youtube.com/watch?v=XZdo-LP1xDQ>
- **Using a mobile phone:** *tap on web address/link.*

Comments: