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

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:
  o **Using a keyboard**: press and hold the control tab (**Ctrl**) and left mouse click to follow link
    Colonoscopy Video – YouTube
  
    OR
  
  o Type **link address** into your web browser’s address bar:
    [https://www.youtube.com/watch?v=XZdo-LP1xDQ](https://www.youtube.com/watch?v=XZdo-LP1xDQ)
  
  o **Using a mobile phone**: tap on **web address/link.**

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