PEG (polyethylene glycol) Instructions for Colonoscopy
Common Brands: Golytely, Colyte, Nulytely, Gavilyte, Trilyte

Date of procedure: Arrive at: Please select
Location of Department: Ochsner Medical Center Please select
Please select

As soon as possible:

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

**On the day before your procedure...**

What You CAN do:

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

**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)

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.

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.

How to take prep:

PEG Bowel Prep is a (2-day) prep. One (1) bottle 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.

**DOSE 1—Day Before Colonoscopy**

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.

12:00 pm (NOON) Mix your entire container of prep with lukewarm water and refrigerate. Take four (4) Dulcolax (Bisacodyl) tablets with at least 8 ounces of more of clear liquids.

6:00 pm:

You must complete **Steps 1 and 2** below before going to bed:

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

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

**DOSE 2—Day of the Colonoscopy** at Please select.

For this dose, repeat **Step 1** shown above using the remaining half of the liquid prep.

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

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=X7do-LP1xDQ

- **Using a mobile phone**: tap on web address/link.

Comments: