

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

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 or 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=XZdo-LP1xDQ>
- Using a mobile phone: tap on web address/link.

Comments: