***Date of procedure:***      ***Arrive at:***

**Location of Department:**

Ochsner Medical Center

**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 .

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](https://www.youtube.com/watch?v=XZdo-LP1xDQ)**

 **OR**

* *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)

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

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