

EXTENDED PEG-ELECTROLYTE SOLUTION
BOWEL PREPARATION FOR COLONOSCOPY AFTER 10:00AM

These instructions have been prepared to help you understand the procedure for cleansing the colon (large intestine). A thorough examination depends on your colon being carefully cleansed and emptied. Stool remaining in the colon can obscure important details, resulting in the exam having to be repeated at another time.

Your Colonoscopy Appointment is on (date) _____ at (time) _____ at (location) _____

READ THIS ENTIRE INSTRUCTION SHEET

Two Days Before Your Colonoscopy: _____

1. **Be sure you have arranged a driver who will stay with you and drive you home. Please inform your driver this will take about 2 hours.**
2. **NO FOOD** two days before your procedure. Follow the clear liquid dietary instructions. (See clear liquid diet list at right.)
3. At **6:00 PM**, drink 1 bottle of Magnesium Citrate (Continue clear liquids.)

On The Day Before Your Colonoscopy: _____

1. **NO FOOD** on the day before your procedure. Follow the clear liquid dietary instructions. (See clear liquid list at right.)
2. At **6:00 PM**, begin drinking the Preparation Solution. Drink one glassful (8 oz.) every 5-10 minutes, or as fast as tolerated, **until half the gallon is gone**. The prep often works within 30-60 minutes. Remain close to the toilet, as multiple bowel movements will occur. To help with the taste, you may find it helpful to add to **each glass** some fresh lemon juice, Crystal Light™ powder, sugar-free Kool-aid™ powder, or sugar substitute. **Do not add any product containing sugar as this may alter the quality of the prep.**
3. At Bedtime swallow **two Dulcolax (bisacodyl) tablets**.
4. After completing this portion of the preparation solution, continue the **CLEAR LIQUID** diet.

On The Morning of Your Colonoscopy: _____

1. **NO FOOD**. You may continue the clear liquid diet. At _____ **AM, which is 5 hours prior to your procedure**, begin the **second half** of the preparation solution. Shake or stir to remix the solution. Follow the same instructions as the previous night, once again remaining close to the toilet, as multiple bowel movements will occur.
2. After completing the preparation, you may continue a **CLEAR LIQUID** diet until **3 hours** before your colonoscopy appointment. After that nothing by mouth until after your exam.
3. You should be passing clear or light yellow fluid.
4. If you regularly take medication in the morning, take it at least **3 hours** before your colonoscopy appointment, with a small amount of water.

*****If you are unable to complete this preparation call the number listed on the right side of the sheet.*****

Medications You Need to Cleanse the Bowel:

- “Preparation Solution” (Golytely, Nulytely, Colyte or Trilyte) 1 gallon.
- **Dulcolax 5 mg** (bisacodyl) 2 tablets and **Magnesium Citrate**, 1 bottle. (Purchase these over the counter medications, no prescription required)
- ✓ **Your “Preparation Solution” prescription has been sent electronically to your pharmacy unless otherwise mentioned.**
- ✓ **ONLY FOLLOW THE DIGESTIVE HEALTH SPECIALISTS INSTRUCTION SHEET (DO NOT FOLLOW THE DIETARY INSTRUCTIONS GIVEN BY THE PHARMACY)**

Clear Liquid Diet List: *(Any liquid that is clear enough to read print through it.)*

- Clear fruit juices without pulp (apple, white grape)
- Water, tea or black coffee
- Low sodium **CLEAR** broths
- Jell-O™ – lemon, lime or orange, without topping or fruits
- Popsicles™
- Kool-aid™, Tang™, Crystal Light™, Gatorade™, soda pop
- **NO FOOD, NO FRUIT PIECES, NO PULP, NO RED FLAVORS OR DYES**
- **NO ALCOHOL**

Some Suggestions While Prepping At Home:

- You may experience chills. Dress warmly. (socks, robe, blanket)
- Walking around the house may help get the prep working.
- Drinking from a straw may be helpful.
- If you experience **nausea or vomiting**, stop drinking for 1 hour and then start again at a slower rate. Drink each glass in 10-20 minutes, resting 10 minutes between each glass.
- Be patient, the prep solution rarely fails. Most patients have a bowel movement within 30-60 minutes, but it may take up to **two hours**.

24-Hour Phone Line:

Tacoma: 253-272-5127 • Federal Way: 253-838-9839
Puyallup, Downtown: 253-841-3933 • Gig Harbor: 253-858-0112
Puyallup, Sunrise at South Hill: 253-770-3700

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