

**COLONOSCOPY PREPARATION INSTRUCTIONS  
PEG-ELECTROLYTE SOLUTION THE DAY BEFORE THE COLONOSCOPY**

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) \_\_\_\_\_

**On The Day Before Your Colonoscopy:**

1. **In the morning**, start a clear liquid diet. (See "Clear Liquid Diet")
2. At **5:00 PM** swallow one Reglan tablet with water.
3. At **6:00 PM** chew and swallow one Mylicon tablet.
4. At **6:00 PM**, begin drinking the **Prep Solution**.
  - Drink one 8 oz glass every 5-10 minutes, or as fast as possible, **until the entire gallon has been consumed**.
  - This typically takes 3-6 hours to complete.
  - The Prep can work within 30-60 minutes. Remain close to the toilet, as multiple bowel movements will occur.
5. **At bedtime**, swallow 2 Dulcolax tablets with water.
6. After completing the Prep solution, **continue to drink clear liquids until 2 hours before your appointment**, then nothing more by mouth.

**If you are having problems completing the prep, or if you are passing brown fluid after completing the prep**, call the Endoscopy Center as early as possible.

**On the Day of the Colonoscopy**

- If you regularly take medications in the morning, take 2 hours before the colonoscopy or at 6:00 AM.

**VERY IMPORTANT: You must have a responsible adult with you to drive you home. If not, your procedure may not be done.**

**Medications You Need to Cleanse the Bowel:**

- \_\_\_ **Reglan** (metoclopramide) 10 mg. tablet,
- \_\_\_ **Mylicon** (simethicone) chewable tablet,
- \_\_\_ **"Prep Solution"** (Golytely or Colyte or Nulytely) 1 gallon,
- \_\_\_ **2 Dulcolax** (bisacodyl) 5 mg tablets

**Diet Instructions**

**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
- **Avoid red, as this can look like blood in the colon.**

**Some Suggestions:**

- To cut the taste of the Prep Solution, 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.
- You may experience chills. Dress warmly (socks, robe, blanket)
- 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.
- Most patients have a bowel movement within an hour or two of starting the solution. Be patient, the prep solution rarely fails.

Tacoma 253-272-7305

Federal Way 253-952-7391

Puyallup 253-841-3933

24-hour phone numbers:

Tacoma: 253-272-5127 Federal Way: 253-838-9839

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