

COLONOSCOPY PREP INSTRUCTIONS (PM EXAM)

Peg Prep

You will need to purchase the bowel prep powder from your local pharmacy (A prescription will be called into your pharmacy)

Bowel prep powders: (Choose one of the following):

- PEG 3350 with Electorolytes
- Colyte
- Golytely
- Nulytely
- Trilyte

DAY ONE = one day prior to colonoscopy appointment

7:00 am-10:00 pm	You may have a light breakfast within this time. For example: Toast and Egg or cereal are ok
10:00 am	Begin clear liquid diet. Absolutely NO food or alcohol after 10:00 am.
4:00 pm	Mix the bowel prep solution in a one gallon jug according to the directions. Shake until dissolved. Chill if desired. Use within 48 hours.
6:00 pm	Begin drinking half the gallon of mixed bowel prep. Drink (1) 8oz. glass every 15 minutes over a one hour period. Drink each glass quickly rather than drinking small amounts continuously. Continue to drink clear liquids the remainder of the evening.

DAY TWO = day of colonoscopy exam

6:00 am	Drink the remainder of mixed bowel prep. Drink (1) 8oz glass of mixed solution every 15 minutes until finished. Continue to drink clear liquids up until 2 hours before your colonoscopy.
1.	For use of your medications, refer to orange medication instruction sheet enclosed.
2.	Call (585-461-2498) if you have any questions regarding any of these instructions.
3.	Arrive at your assigned time.

CLEAR LIQUIDS (does not include Alcohol)

- Water
- Clear juices (apple, white grape juice, orange drink, white cranberry juice)
- Black coffee or tea (no creamers) sugar OK
- Bouillon or clear broth
- Soda pop, Gatorade (no red)
- Jell-o (no red), popsicles (no red), Lemon ice

****Do not drink any liquid that is RED****

****We encourage clear liquid intake up to 2 hours before your procedure time****