



## Colonoscopy Preparation Instructions PEG with Electrolytes Preparation

1. You will need to pick up the bowel cleansing solution at your pharmacy at least **two days** prior to your procedure. **DO NOT** mix until the day before your procedure.
2. How to mix the PEG bowel prep:
  - a. This product can be used with or without the flavor pack that may come with the prep. If adding flavor, tear open the flavor pack and pour contents into the bottle before adding the water. Discard unused flavor packets.
  - b. Add lukewarm drinking water to the top line on the container. Cap the bottle and shake to dissolve the powder. The mixed solution will be clear and colorless. Do not add anything else to the solution, such as additional flavorings or ice. Once mixed keep refrigerated. The mixed solution should be used within 48 hours.
3. The **day before** your colonoscopy you may have a regular breakfast, soft lunch without any fruit or vegetables (meat, bread, dairy products and pasta are OK; for instance a ham and cheese sandwich is fine), and a clear liquid supper (black coffee, tea, apple juice, beef or chicken broth, and water).
4. **Begin drinking the solution at about 6:00 p.m. the day before your procedure. Drink only 1/2 gallon of the solution that evening.** This will take about 2 hours. This solution will wash through your intestines and rinse everything else out of it.
5. After you have finished the first half of the cleansing solution, you may have all of the clear liquids you desire.
6. The **morning of** your colonoscopy, 4 hours before you leave home to come to the hospital, begin drinking the second 1/2 gallon of the prep solution. This will rinse out anything the first 1/2 gallon did not clean out, and wash out any additional intestinal secretions produced during the night.
7. After you finish the second 1/2 gallon, you may continue to drink clear liquids (black coffee, tea, apple juice, beef or chicken broth, and water). Take your regular medications that morning unless instructed otherwise.

**\*\* If you have any questions, please call Day Surgery at (336) 719-7125, Monday-Friday 7:00 a.m. to 3:30 p.m.. \*\***

