



## Colonoscopy Instructions for **PEG (Polyethylene Glycol) Prep**

Please follow the instructions below carefully. Should you need further assistance please call 208-463-3008 Monday-Friday 8am – 4pm.

2/26/20 LS

1 Week Prior	5 Days Prior	2 Days Prior	1 Day Prior	Procedure Day
<p><b>GO to the pharmacy and fill your prescription for Polyethylene Glycol (PEG). Brand names include Colyte, Gavilyte-C, GoLYTELY, NuLYTELY, and TriLyte.</b>  <b><u>ALSO, BUY ONE Bottle of Infant’s Simethicone Drops and One box of Dulcolax LAXATIVE Tablets</u></b></p> <p><b>DO NOT FOLLOW THE DIRECTIONS ON THE PEG BOTTLE.</b></p> <ul style="list-style-type: none"> <li><b>If you take medication to thin your blood, such as Coumadin (warfarin), Plavix (clopidogrel), Pradaxa (dabigatran), Xarelto, Eliquis, etc.,</b> ask your prescribing doctor whether to continue or to stop these medications. Aspirin may be continued.</li> <li>Stop all supplements 7 days before your appointment.</li> <li>Stop all medications that contain fiber or iron 7 days before your appointment. This includes but is not limited to multi-vitamins with iron, Metamucil, Citrucel and Fibercon.</li> <li><b>Pregnant or think you may be?</b> Please discuss the risks and benefits of the procedure with your ordering physician.</li> </ul>	<p><b>STOP consuming all high fiber foods.</b></p> <ul style="list-style-type: none"> <li>No raw vegetables</li> <li>No Corn (raw or cooked)</li> <li>No whole wheat or high fiber</li> <li>No nuts or popcorn</li> <li>No bran or bulking agents</li> </ul> <ul style="list-style-type: none"> <li>A low-fiber diet is on the following page</li> <li>Last chance to cancel or reschedule your appointment. If you need to reschedule your appointment call 208-463-3104.</li> <li><b>Remember-you must have a responsible adult to stay during your procedure, drive you home and stay with you for a reasonable amount of time. (Taxi or van service may not be used)</b></li> </ul>	<p><b>Continue low fiber diet today. NO solid foods after midnight tonight.</b></p> <ul style="list-style-type: none"> <li>Drink at least 8 glasses of water throughout the day</li> </ul>	<p><b>BEGIN clear liquid diet. (No solid foods all day- until after your procedure)</b></p> <ul style="list-style-type: none"> <li>You may drink water, coffee or tea (without milk or non-dairy creamer), Gatorade, Pedialyte, carbonated and non-carbonated soft drinks, broth, Jell-O, popsicles, clear fruit juices without pulp (apple, white grape, powdered lemonade)</li> <li><b>No red or purple liquids</b></li> <li>No solid foods</li> <li>Drink at least 8 glasses of water throughout the day.</li> <li>Mix your Polyethylene Glycol as directed on the container. Add 12 droppers full of Simethicone and refrigerate prep.</li> <li>At 3 PM take FOUR 5mg Dulcolax Laxative Tablets</li> <li>At 5:00 PM drink (1) 8 oz. glass of the Polyethylene Glycol solution every 10 minutes until you have consumed 3/4 of the bottle.</li> <li>If you experience nausea or vomiting, rinse your mouth with water and take a 15 – 30 min break. <b>It is important to drink ALL the solution.</b></li> </ul>	<ul style="list-style-type: none"> <li><b>6 Hours before your procedure drink remaining Polyethylene Glycol 8 oz every 10 minutes until gone</b></li> <li>You may take your morning medications with a sip of water except diabetic medications.</li> <li>After your prep <b>NOTHING BY MOUTH</b></li> <li><b>Be sure to bring:</b> <ul style="list-style-type: none"> <li>A responsible driver</li> <li>Insurance card</li> <li>Photo ID</li> </ul> </li> </ul> <p><b>You cannot drive the remainder of the day.</b></p> <ul style="list-style-type: none"> <li>If you have followed the instructions and your stool is no longer formed but is clear or yellow liquid, you are ready for your exam. If you are unsure of your colon cleansing, call the procedure center at 208-463-3104</li> </ul>



## Colonoscopy Instructions for **Suprep** Bowel Prep

Please follow the instructions below carefully. Should you need further assistance please call 208-463-3008 Monday-Friday 8am – 4pm.

1 Week Prior	5 Days Prior	2 Days Prior	1 Day Prior	Procedure Day
<p><b>GO to the pharmacy and fill your prescription for <u>Suprep</u>.</b>  <b>** This prep may not be covered by insurance</b>  <u><b>ALSO, BUY ONE Bottle of Infant's Simethicone Drops.</b></u></p> <ul style="list-style-type: none"> <li>• <b>Disregard the instructions on the box.</b></li> <li>• <b>If you take medication to thin your blood, such as Coumadin (warfarin), Plavix (clopidogrel), Pradaxa (dabigatran), Xarelto, Eliquis, etc.</b> ask your regular doctor whether to continue or to stop these medications. Aspirin may be continued.</li> <li>• Stop all supplements 7 days before your appointment.</li> <li>• Stop all medications that contain fiber or iron 7 days before your appointment. This includes but is not limited to multi-vitamins with iron, Metamucil, Citrucel and Fibercon.</li> <li>• <b>Pregnant or think you may be?</b> Please discuss the risks and benefits of the procedure with your ordering physician.</li> </ul>	<p><b>STOP consuming all high fiber foods.</b></p> <ul style="list-style-type: none"> <li>▪ <b>No</b> raw vegetables</li> <li>▪ <b>No</b> Corn (raw or cooked)</li> <li>▪ <b>No</b> whole wheat or high fiber</li> <li>▪ <b>No</b> nuts or popcorn</li> <li>▪ <b>No</b> bran or bulking agents</li> </ul> <ul style="list-style-type: none"> <li>• A low-fiber diet is on the next page.</li> <li>• Last chance to cancel or reschedule your appointment. If you need to reschedule your appointment call 208-463-3104.</li> <li>• <b>Remember-you must have a responsible adult to stay during your procedure, drive you home and stay with for a reasonable amount of time. (Taxi or van service may not be used)</b></li> </ul>	<p><b>Continue low fiber diet today. NO solid foods after midnight tonight.</b></p> <ul style="list-style-type: none"> <li>• Drink at least 8 glasses of water throughout the day</li> </ul>	<p><b>BEGIN clear liquid diet. (No solid foods until after your procedure.)</b></p> <ul style="list-style-type: none"> <li>• You may drink water, coffee or tea (without milk or non-dairy creamer), Gatorade, Pedialyte, carbonated and non-carbonated soft drinks, broth cubes, Jell-O, popsicles, clear fruit juices without pulp (apple, white grape, powdered lemonade)</li> <li>• <b>No red or purple liquids</b></li> <li>• No solid foods</li> <li>• Drink at least 8 glasses of water throughout the day.</li> <li>• <b>At 5:00 pm start your prep:</b> <ol style="list-style-type: none"> <li>1. Pour one 6-ounce bottle of SUPREP liquid into the mixing container and add 6 droppers of the Simethicone drops</li> <li>2. Add water to the 16- ounce line on the container and mix. Drink all of the liquid</li> <li>3. Drink 2 more 16-ounce containers of water over the next hour.</li> </ol> </li> <li>• <b>If you experience nausea or vomiting, rinse your mouth with water and take a 15 – 30 min break. It is important to complete the prep by drinking ALL of the solution.</b></li> </ul>	<ul style="list-style-type: none"> <li>• <b>Six hours before your procedure repeat SUPREP.</b> <ol style="list-style-type: none"> <li>1. Pour one 6-ounce bottle of SUPREP liquid into the mixing container and add 6 droppers of Simethicone drops</li> <li>2. Add water to the 16-ounce line on the container and mix. Drink all the liquid.</li> <li>3. Drink 2 more 16-ounce containers of water over the next hour.</li> </ol> </li> <li>• After your prep, <b>NOTHING BY MOUTH.</b></li> <li>• You may take your morning medications with a sip of water.</li> <li>• <b>Be sure to bring:</b> <ul style="list-style-type: none"> <li>○ <b>A responsible driver</b></li> <li>○ <b>Insurance card</b></li> <li>○ <b>Photo ID</b></li> </ul> </li> <li>• <b>You cannot drive the remainder of the day.</b></li> <li>• If you have followed the instructions and your stool is clear or yellow liquid, you are ready for your exam. If you are unsure of your colon cleansing, call the procedure center at 208-463-3104</li> </ul>