

COLONOSCOPY INSTRUCTIONS: 1 Day PEG Prep(split dose)

Important BLOOD THINNERS Notice: If you are taking Blood Thinners such as Coumadin, Pradaxa, Jantoven, Plavix, Brilinta, Xarelto, Effient, or others not listed, you should have received detailed instructions from our office. If you are on blood thinners and it was not addressed by our office, contact us at (423) 698-8101 as soon as possible for instructions.

MEDICATIONS Day of Procedure: You may take any heart, breathing, or blood pressure medications the morning of your procedure with a sip of water.

DIABETIC Medications: Should be discontinued 24 hours prior to the procedure. These medications include but are not limited to: Glucophage, Glucophage XR, Metformin or Metformin HCL, Glucovance, Metaglip, Glipizide, Avandamet, and Rosiglitazone Maleate. Please contact your physician, who monitors your diabetes for further instructions.

WEIGHT loss agents (diet pills): Must be stopped 14 days prior to procedure or your procedure will be CANCELLED.

Herbs: The herbs to stop for 14 days are: Ephedra/MaHuang, Garlic/Garlique pills (not food), Ginko/Ginkobiloba, and Ginseng.

Iron and iron supplements: Stop iron tablets and multivitamins with iron 5 days prior to your procedure.

*****You DO NOT have to stop ASPIRIN or NSAIDS (Advil, Motrin, and Ibuprofen) prior to the procedure.*****

DIRECTIONS

Your prep prescription is enclosed () or was electronically sent to your pharmacy (). This prescription is for PEG 3350 gallon bowel prep.

THE DAY BEFORE YOUR COLONOSCOPY:

1. Mix Bowel Prep with water to the fill line and refrigerate if desired. **DO NOT** refer to package directions. Refer to our only instructions as solid food is not allowed the day before the procedure.
2. **DO NOT EAT ANY SOLID FOOD THE DAY BEFORE OR DAY OF YOUR PROCEDURE.** You will have a clear liquid diet all day. This includes the following: tea or coffee with no milk/creamers or anything except sugar or other sweetener added; sodas such as Coke, Sprite, Dr. Pepper, Mountain Dew; fruit juice-only apple, cranberry, or grape (no other juice drinks, no red dye added, no pulp); Sports drinks like Gatorade or Powerade; Jello or popsicles; chicken or beef broth. **PLEASE DO NOT DRINK ANYTHING WITH RED DYE.** Also, please avoid eating corn for 48 hours prior to procedure due to risk of residual particles in the colon.
3. **DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT THE NIGHT BEFORE THE PROCEDURE**
4. At 4:00 p.m., start drinking your Bowel Prep. Drink one (1) 8 ounce glass every 10-15 minutes for a total of 1/2 gallon (take 1/2 of the prep)
5. At 8:00 pm, drink the remaining 1/2 of the Bowel Prep. Drink one (1) 8 ounce glass every 10-15 minutes for a total of 1/2 gallon (take the remaining 1/2 of the prep)
4. Drink at least three 8 oz glasses of clear liquids (anything on the clear liquid diet) before midnight, more if desired.
5. If you are unable to drink the required amount of the Bowel Prep until clear, then drink one (1) bottle of Magnesium Citrate (available over the counter without a prescription). **DO NOT USE MAGNESIUM CITRATE IF YOU HAVE KIDNEY or HEART DISEASE!!**

THE DAY OF YOUR COLONOSCOPY:

If your procedure is after 12 noon, you may have clear liquids until 6:00 am. The person accompanying you must stay at the facility the entire time you are there and drive you home.