

PEG-3350 SPLIT-DOSE COLONOSCOPY PREP

Your procedure is scheduled for:

Date: _____ Place: _____

Arrival Time: _____ Physician: _____

Three days before the procedure, begin a LOW RESIDUE DIET (see low residue diet instructions)

One day Before the Procedure:

- **Do not eat anything solid.** Follow the **clear liquid diet** instructions.
- Clear liquids include water, black coffee, tea, apple juice, white grape juice, soda, Jell-O, popsicles, broth, and drinks. **DO NOT** drink milk or use non-dairy creamer. **DO NOT** drink anything colored red or purple. **DO NOT** drink alcohol.
- Mix the PEG-3350 with water and shake. Refrigerate the solution. You may add Crystal Light for flavor.

The Evening Before Procedure at 5:00pm:

- **Drink an 8-ounce glass of the solution every 15 minutes, until you have consumed 8 glasses.**

The Day of the Procedure:

- **Do not eat.**
- At least 4 hours before your scheduled arrival time, **begin drinking the prep solution, drinking 8 ounces every 15 minutes until all the prep has been consumed.** (If your procedure is scheduled earlier than 9:00 AM, you may take all the prep the night before.)
- You may have clear liquids until 2 hours before your arrival time. Do not chew gum, smoke or chew tobacco. **Do not drink anything within 2 hours of your arrival time.**

Important:

- You will not be able to drive after your procedure. **You will need a driver** to stay during your procedure and to drive you home afterward.
- Avoid iron supplements for 1 week before the procedure.
- If you take aspirin for heart protection, **DO NOT** stop taking it.
- If you normally take medication in the morning for high blood pressure or seizures, please take it as usual at least 2 hours before arrival.
- Please notify your doctor at least one week before the procedure if you take warfarin (Coumadin), Plavix, Eliquis, Xarelto, Pradaxa, or other blood thinners.

Please call the office during regular business hours for any questions.

918-438-7050, M-Thurs 8:00am – 4:30pm, Friday 8:00am-3:00pm