

# INSTRUCTIONS FOR COLONOSCOPY

(USING "PEG-3350" COLONIC LAVAGE SOLUTION)

(OBTAIN "PEG-3350" POWDER IN A DISPOSABLE 4 LITER JUG AT A PHARMACY. PRESCRIPTION REQUIRED)

## READ ALL INSTRUCTIONS CAREFULLY

**REPORT TO: Pacific Gastroenterology Endoscopy Center, 26421 Crown Valley Pkwy. # 140B, Mission Viejo**

**Date** \_\_\_\_\_ **Arrival Time** \_\_\_\_\_ **Procedure Time** \_\_\_\_\_

- 1) If you are taking Iron pills, please stop this for three days before your procedure.
- 2) If you are taking **blood thinning medicines like Coumadin (Warfarin), Pradaxa, Xarelto or Plavix**, please consult your doctor. You may need to stop these medications for at least 3 days prior to your procedure.
- 3) **Do not eat any seeds like popcorn, multigrain bread, sesame, granola bar, corn for one week** prior to colonoscopy.
- 4) **Day Before Examination**
  - Drink only "clear liquids" for breakfast, lunch, and dinner. Solid foods, milk or milk products are **not** allowed.
  - "CLEAR LIQUIDS" INCLUDE:
    - ⇒ Strained fruit juices without pulp (apple, white grape, lemonade)
    - ⇒ Water, Clear broth or bouillon
    - ⇒ Coffee or tea (without milk or non-dairy creamer)
    - ⇒ All of the following that are **not** colored red or purple
      - ◇ Gatorade, Carbonated and non-carbonated soft drinks
      - ◇ Kool-Aid (or other fruit flavored drinks), Ice popsicles
      - ◇ Plain Jello (without added fruits or toppings)

### Evening (6 pm)

- About 6:00 pm: Start drinking the COLONIC LAVAGE SOLUTION ("PEG-3350") supplied to you by the pharmacy. This solution is specially designed to clean out your bowel and will pass through without being absorbed. **Drink TWO liters** (which is about half of the solution in the jug) **over a period of about two hours. This requires drinking one glass (8 oz.) every 15 minutes (about 8 glasses).** You should drink each glass quickly rather than drinking small amounts continuously. You should start having liquid stools after about one hour. After drinking two liters, your bowel movements should be almost completely clear of solid stool particles though it still may be cloudy. If you follow these instructions, you should be through having frequent bowel movements by about 9:00pm. You can have clear liquids for dinner. Drink at least three glasses of 8 fluid ounces of clear liquid of your choice; more if desired.

### 5) Day of Examination

#### Morning (5 am):

- Repeat the same instructions as mentioned above for the prior evening dose, and drink **one liter** which is half of the remaining two liters of PEG-3350. DISCARD the remaining one liter of PEG-3350 solution.
- **Do not eat or drink (except for your usually prescribed pills) after 6:00 am.** Please eat **NO BREAKFAST** and AVOID DARK COFFEE on the morning of your examination.
- **Arrive for Colonoscopy at your scheduled time.**

### 6) MEDICATIONS

**(a) On the evening prior to your examination:** Take any of your usually prescribed medications **more** than two hours before or two hours after you take the "PEG-3350". This is to decrease the chance of your pills being washed out of your intestines before they can be absorbed.

**(b) On the morning of the procedure:** Take all your usually prescribed medications with water before 6 am. If you are a **DIABETIC**, please discuss with your doctor scheduling this test, what you should do with your insulin on the morning of the procedure.

- 7) You will probably require some medication by vein for the procedure to relax you. This medication may make you sleepy for a few hours. If you receive this medication you will be required to remain here at the Endoscopy Center for about 30 minutes after the procedure is completed for observation.
- 8) If you receive this relaxing medication by vein, you cannot safely drive yourself home after the test. Therefore, plan on having someone bring you to the Endoscopy Center and return you home after the procedure. Likewise, you should not plan on operating any heavy or dangerous machinery until the day after the procedure.
- 9) Wear loose comfortable clothing. Please wear or bring a pair of socks with you.
- 10) The doctor who will be doing your Colonoscopy is **Om P. Chaurasia, MD.**



If there are any questions regarding the procedure or its scheduling, please call the Dr Chaurasia's office at (949) 365-8836.