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SPLIT COLONOSCOPY PREPARATION USING PEG3350

PLEASE FOLLOW ALL INSTRUCTIONS: Please complete the prep as directed. An incomplete prep can lead to a poor exam. If you experience vomiting repeatedly (more than twice) please take a 30 minute break, drink warm liquids, walk around and slowly resume your prep.

****BLOODTHINNER INSTRUCTIONS:**

****DIABETIC INSTRUCTIONS:**

TWO DAYS before the test: Avoid raw fruits, raw vegetables, raw or cooked corn, salads, red Jell-O, beets, granola, nuts, and seeds.

***At least two days before test: you will need to obtain the following from your pharmacy:**

- four (4) bisacodyl 5 mg tablets, available over the counter
- 128 oz of Gatorade or Pedialyte (2 -64oz bottles or 4 -32oz bottles any color EXCEPT red, blue, or purple).
- **If you are diabetic you may use PowerAde Zero or Gatorade Performance G2.
- Either 2 – 8oz bottles or 1 – 16 oz bottle of PEG3350 (Polyethylene Glycol) powder

ONE DAY before the test:

Light breakfast prior to 10:00am (i.e. eggs, piece of toast, cup of black coffee or tea –no milk) THEN Clear liquids only after 10 a.m.: water, seltzer, tea or coffee (without milk or non-dairy creamer), Gatorade, broth, clear/non-citrus fruit juices, popsicles, and Jell-O. Drink at least 64 ounces of clear liquids.

→ **At 12 pm** Mix PEG3350 with Gatorade (see above) until completely dissolved and refrigerate.

→ **At 2 pm**, take all four bisacodyl tablets with at least 8 ounces of clear liquid.

Continue drinking clear liquids all day.

→ **At 4 p.m.**, begin drinking 2 liters of PEG3350 solution, by drinking 8 ounces every 10 to 15 minutes. It will take you 90 minutes to 2 hours to drink the two liters. ***You will have 2 liters left over for the morning dose***

****PLEASE AVOID red, blue and purple liquids, dairy and soy products, and juices with pulp or sediment.****

Please avoid all gum or hard candy after midnight (12:00am) until after your exam.

****ALL PIERCINGS MUST BE REMOVED PRIOR TO PROCEDURE****

THE MORNING of the test:

→ **Prior to procedure time:**, drink the remaining two liters of PEG3350 solution(at _____).

It will take you 90 minutes to 2 hours to drink the two liters.

Stop all liquids 4 hours prior to the procedure time (nothing after _____)

YOU MUST HAVE A RIDE HOME. You will not be discharged from the Endoscopy Unit unless you are **accompanied by a responsible adult** who will either **drive you** home or **accompany you home** by taxi, uber, or bus.

REPORT TO: _____ Cooley Dickinson Hospital, Endoscopy unit (Emergency Entrance), 30 Locust St., Northampton, MA

_____ Valley Medical Group, 31 Hall Drive, Amherst (Ambulatory Surgical Center Main Floor)

***Do not take Advil or Aleve the morning of your procedure**

DAY: _____

DATE: _____

ARRIVAL TIME: _____