

### Colonoscopy Prep with PEG3350, Bisacodyl, Magnesium Citrate, Simethicone

- ez2go PEG3350 (8.3 ounces or 238 grams) – 1 BOTTLE
- ez2go bisacodyl (5 milligram tablets) – 4 TABLETS
- ez2go Magnesium Citrate (17 grams) – 1 POUCH
- ez2go 80mg Simethicone – 1 TABLET



You will need a large 64-ounce or two 32 ounce bottle of a sports drink such as Gatorade or a clear liquid of your choice. No red or purple. This will be used to mix your PEG3350 the day before your test.

#### DAY BEFORE YOUR TEST

**Morning (before 9 a.m.)** - you may eat a low-residue breakfast. See table below. After breakfast, you are NOT ALLOWED to eat any solid food until after your colonoscopy. Instead, start a clear liquid diet (see Clear Liquid List below). Medications by mouth are ok.

##### Low-Residue Breakfast (Before 9 a.m.)

No more than:

- 2 eggs (boiled or fried)
- 2 slices of white bread/toast
- 1 tsp of butter (if desired)
- STRICTLY – NO SUBSTITUTIONS!
- Less is ok, but no more than above

##### Clear Liquids (DRINK LOTS OF LIQUIDS THROUGHOUT THE DAY)

- Gatorade<sup>®</sup>, PowerAde<sup>®</sup> (sports drinks with electrolytes are recommended to help with hydration)
- Water, tea, or coffee (No cream or milk; sugar is ok), ice tea
- Jell-O<sup>®</sup>, Popsicles<sup>®</sup>, Italian ice (no fruit or cream added)
- Apple, white grape, or white cranberry juice (no orange, tomato, grapefruit, prune, or any juice with pulp)
- Soda such as Sprite<sup>®</sup>, 7-UP<sup>®</sup>, ginger ale<sup>®</sup>, or any cola
- Avoid red liquids – they can look like blood in the colon

**4:00 PM** - Take 2 bisacodyl tablets with 2 glasses of clear liquid. Mix the PEG3350 in a 64-ounce bottle of Gatorade or other clear liquid of choice. Cap the bottle and shake the bottle to dissolve the powder and put in the refrigerator.

**5:00 PM** - Start to drink the PEG3350 solution. Drink an 8 oz. glass every 20 minutes. Be sure to finish all the liquid.

**8:00 PM** – Take the last 2 bisacodyl tablets with a glass of clear liquid.

**Continue drinking as much clear liquid as you can tolerate until midnight**

#### DAY OF YOUR TEST

**5 hours before your procedure** - Mix the Magnesium Citrate pouch with 2 glasses of water, pour over ice and drink immediately and take the Simethicone tablet.

**TAKE CRITICAL MEDICATIONS (HIGH BLOOD PRESSURE, ETC.) WITH 1-2 SIPS OF WATER 3 HOURS BEFORE YOUR PROCEDURE**

**IMPORTANT:** Nothing by Mouth within 3 hours of your procedure time. Taking anything by mouth within 3 hours of procedure will increase risk of aspiration.

Do not wear contact lenses. Please wear **loose fitting clothes** and preferably short sleeves. Do not wear high heels.

If you are a diabetic, please do finger stick in the morning of the procedure and call the endoscopy center at 302-678-0725 if it is less than 80 or greater than 300. **Please call 302-678-0725 if you have any questions on the morning of the procedure.** **Please do not take your diabetes medications on the morning of the procedure.**

**Have someone pick you up from the procedure, as you should not drive on the day of the procedure due to sedation. Also, do not operate any heavy machinery or sign any legal documents after sedation on that day.**

**Procedure Day:**

**Date:**

**Time:**

**Procedure Location:** Advance Endoscopy Center. 742, South Governors Avenue Suite #2. (Corner of Dover St. & Governor's Avenue) Park on Dover St. & come in through the Dover St. Entrance, across Shore United Bank.

**Procedure appointment slots are very important and limited.** We expect you to call us at least 48 hours in advance if you are unable to keep your appointment so that it can be used for another patient. There will be a \$50 charge for missing a procedure appointment.