

PREPARING FOR YOUR COLONOSCOPY – 4L PEG

Follow the instructions on these papers, **NOT** the booklet that comes in the prep box.

IMPORTANT REMINDERS – 5 DAYS PRIOR

- **5 Days Prior to Procedure:** Please **avoid** high dietary fiber, **seeds, nuts**, corn, popcorn, and iron supplements.
- **Pick Up Supplies 3 Days Prior to Procedure:**
 - ☐ 4L PEG bowel prep kit from your pharmacy
 - ☐ Simethicone or Gas-X Tablets
 - ☐ Clear liquids
- **You will need a driver** to take you home after your procedure. You cannot take a bus, taxi, Uber, or Lyft. Your procedure will be cancelled if you do not have a ride.

MEDICATIONS

- **Blood Thinner Medications:**
 - **Stop** Plavix, Aggrenox, Pletal, Prasugrel (Effient) and Ticlid **7 days** prior to procedure.
 - **Stop** Coumadin, Warfarin, or any other blood thinners **5 days** prior to procedure.
 - **Stop** Arixtra, Eliquis, Pradaxa, Xarelto **2-5 days** prior to procedure (depending on renal status).
 - *Please consult with your Cardiologist* about stopping your blood thinning medication and let us know immediately if the time frames listed above are not acceptable.
- **Diabetic Medication**
 - **Insulin twice a day:** inject half your usual dose in the evening before your procedure and take half your usual dose the morning of the procedure.
 - **Insulin only in the morning:** inject your full dose the morning before your procedure but only inject half your usual dose the morning of the procedure.
 - **Oral Medication:** Please hold oral diabetic medication the morning of the procedure.
- **Stop Weight Loss Medication 7 days** prior to procedure which includes GLP1s, Semaglutide, Ozempic, Wegovey, etc.
- **Continue taking pertinent daily medications** such as heart, seizure, cholesterol, blood pressure, aspirin, etc. with a small sip of water **up until 4 hours** prior to the procedure start time. After this, **NOTHING** by mouth.

ADDITIONAL NOTES

BOWEL PREP INSTRUCTIONS - 4L PEG

1 DAY BEFORE PROCEDURE

Before 9:00AM - You may have a **light breakfast** such as toast, eggs, coffee, tea, non-fat yogurt.

AVOID: meats, cereal, fruits, vegetables, whole grains, oatmeal.

**If you have an afternoon appointment after 1:00pm, you can have a light lunch up until 12:00pm.*

After breakfast, start a **CLEAR LIQUID DIET** up until 4 hours prior to your procedure.

- **Liquids OK to Drink:** Tea, coffee (sweetener only, no cream), water, clear juice, sports drinks (avoid red or purple), broth, ginger ale, sprite, jello (avoid red or purple), popsicles.
- **AVOID:** Anything you can't see through, red/purple liquids, solid food, seeds, alcohol, pulp, nectar drinks, dairy, non/dairy creamers.

Start 4L PEG Bowel Prep:

1. **At 5:00pm: Prepare the Prep Solution**

- a. In the provided container, mix the powder with lukewarm water to the fill line and gently shake until the powder is dissolved.
- b. Place half the mixture (2L) into a separate container and store in the refrigerator.

2. **At 6:00pm: Begin drinking the FIRST Prep Solution**

- a. Drink around 10 oz every 10 minutes. If you feel full or feel like vomiting, slow down your drinking or take a break.
- b. It is important to drink the entire first half of the solution (2L) to properly cleanse.

3. **At 7:00pm:** take 2 Simethicone/Gas-X Tablets with water after you finish the first half of the prep solution.

4. **Continue drinking clear liquids** until you go to bed. It is very important to drink plenty of water and other clear liquids throughout the day to avoid dehydration and flush the bowel.

**Nausea, bloating, cramping is normal – pause or slow down the rate of drinking. Continue to drink the entire solution. Call the physician office if you have any questions or issues.*

DAY OF PROCEDURE

Take Second Dose of Bowel Prep:

1. **6 hours before your procedure:** remove the **SECOND Prep Solution** from the refrigerator. Drink 10 oz. of the solution every 10 minutes until the solution is gone.
2. Take 2 Simethicone/Gas-X Tablets and then drink an additional 16 oz. glass of water over the next hour.



4 Hours before your procedure: **STOP drinking all liquids (including water).**

NOTHING BY MOUTH including gum, candy, or mints. Anything after 4 hours can delay or cancel your procedure.

Check in at the surgery center 1 hour prior to your procedure at .

Bring your ID, insurance card, form of payment, and wear comfortable clothes.