

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, Prasurgrel (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, Wegovy, Zepbound, Tirzepatid, Phentermine, etc.
- **Stop SGLT2 inhibitors **3 days**** prior to procedure which includes Jardiance (empagliflozin) , Invokana (canagliflozin), Farxiga (dapagliflozin), 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

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

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

- Drink around 10 oz every 10 minutes. If you feel full or feel like vomiting, slow down your drinking or take a break.
- 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:

- 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.
- 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.