CAPSULE ENDOSCOPY PREP – PEG 3350

Your examination is scheduled for:

Date:_______________________ Place:__________________________________________________________

Arrival Time:____________________ Procedure Time:__________________________________________

Physician:________________________________________________________________________________

Pick up your prescription at ________________________________________________________________

Crystal Light Lemonade (qty sufficient for 1 gallon) to improve flavor

Day Before Exam

1) You may eat a light breakfast and lunch (Low Fiber, No Salad.)
2) **After lunch, drink only clear liquids.**
3) Clear liquids include fruit juices without pulp (apple, lemonade, white grape), Fat free broth, coffee or tea (no creamer or milk), soft drinks, Jell-O, popsicles, Gatorade or other sports drinks. **(NO RED OR PURPLE.)**
4) Before 1:00pm: Prepare your PEG by filling your jug with lukewarm water to fill line. Shake well and place in refrigerator. **(OK to add Crystal Light Lemonade for flavor.)**
5) **5:00pm or 6:00pm:** Begin drinking prep. Drink an 8 ounce glass of solution every 15 minutes until you have consumed 8 glasses.

**Note:** PEG 3350 is generally well tolerated; however, side effects may include nausea, bloating and mild abdominal cramping. If nausea or vomiting occurs, stop the prep for 30 minutes. Resume drinking the prep at 1 (one) - 8 ounce glass every 30 minutes until you have consumed the 8 glasses.

**Important:**
1) You must come back to the hospital @ 2:30pm and return equipment.
2) Wear loose fitting, two-piece clothing to the office. Cotton preferred, **NO NYLON, Upper clothing should be opaque, but not sheer.**
3) **Do not apply body lotion, body oil or powder to your abdomen.**
4) Take only necessary medications with a sip of water until 2 hours prior to exam (Diabetic medicine, aspirin, Coumadin, Warfarin, Plavix, or blood thinner..
5) Verbal and written instructions will be given to you at the office on the day of the exam.
6) Results will be called or mailed to you.
7) Stop liquids 2 hours before exam.

Please call the office during regular business hours for any questions.

918-438-7050, M-Thurs 8:00am – 4:30pm, Friday 8:00am-3pm