

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
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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