

PEG 3350 SPLIT DOSE PREP FOR COLONOSOPY

Your procedure is scheduled for:

Date: _____ Place: _____

Arrival Time: _____ Procedure Time: _____

Physician: _____

Have your prescription filled at the pharmacy

Day Before the Procedure:

1. Do not eat.
2. Drink only clear liquids (no red or purple dye.) Clear liquids include:
Clear liquids include water, black coffee, tea, apple juice, white grape juice, soda, Jell-O, popsicles, broth, and Gatorade or other sport drinks.
 - DO NOT drink milk or use non-dairy creamer.
 - DO NOT eat or drink anything colored red or purple.
 - DO NOT drink alcoholic beverages.

Before 1:00 p.m.

1. Mix the solution with lukewarm water and shake. Refrigerate solution. You may add Crystal Light lemonade for flavor.

Evening Before Procedure at 5:00 p.m.

1. Drink an 8 ounce glass of the solution every 15 minutes, until you have consumed 8 glasses.
2. **NOTE:** PEG 3350 is generally well tolerated.
 - a. However, side effects may include: nausea, bloating, and mild abdominal cramping. If these symptoms occur, wait 30-60 minutes and then resume drinking the solution at one 8 ounce glass of solution every 30 minutes until you have consumed 8 glasses.

Day of the Procedure:

1. Do not eat.
2. You may drink clear liquids up to 2 hours before arrival time.
3. 4 hours before your procedure time, drink 8 glasses of the prep solution, drinking 8 ounces every 15 minutes until all 8 glasses have been consumed. For morning procedures this will mean waking up very early, but it will ensure the best possible prep. Studies have shown that taking part of the prep the morning of the procedure gives the doctor the best possible view of the colon. A clean colon is essential for finding and removing polyps that may cause cancer.

Important:

1. You will not be able to drive after your procedure. You will need a driver to stay during your procedure and to drive you home after your procedure. Lyft, Uber, Taxi, etc. Is not considered acceptable drivers, since they do not stay during your procedure.
2. No iron containing medication for 1 week before the procedure.
3. If you take aspirin for heart protection, DO NOT stop taking it.
4. If you take any medications for blood pressure, seizure disorder, heart disease or anxiety; please take these medications the morning of the procedure with just a sip of water.
5. Before scheduling the procedure, please notify the doctor or nurse if you take any of the following, medicine: diabetic medicine, Aspirin, Coumadin, Warfarin, Plavix, or any blood thinner so that we can make adjustments to your medications prior to your procedure.
6. Verbal and written instructions will be given to you and your driver after the procedure.

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

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