



Peg 3350 Prep Instructions

Two-Day "Split Dose" Method:

Dose 1: 6PM the night before the Colonoscopy: Drink on 8-ounce glass of PEG solution. Continue drinking one 8-ounce glass of solution every 10-15 minutes until the bottle is **HALF** empty (2 Liters).

Date _____ Time _____

Dose 2: On the Morning of the Colonoscopy: Before your ride to the Endoscopy Center or Hospital: Drink one 8-ounce glass of PEG solution. Drink a glass of solution every 10-15 minutes until the second half of the bottle is empty (2 Liters).

Date _____ Time _____

DURING THE PREP: IT IS IMPORTANT THAT YOU REPLACE FLUIDS AND PREVENT DEHYDRATION BY DRINKING LARGE AMOUNTS OF CLEAR LIQUIDS.

Helpful Tips:

1. Stay near a toilet; you will have diarrhea. Ideally your bowel movement will become either yellow or clear liquid after a complete prep.
2. Side effects of some preps include nausea, abdominal pain, bloating, vomiting, thirst, dizziness, and dehydration. If you feel nauseous or vomit, take a 30-minute break, rinse your mouth, and then continue drinking your prep. If you throw up your bowel prep, just try your best to drink as much bowel prep as you can tolerate and report for your colonoscopy as scheduled. Be sure to alert your doctor that you could not tolerate your entire bowel prep.
3. Feeling some abdominal cramping is normal.
4. Petroleum jelly (Vaseline) around the anus or using baby wipes may decrease skin irritation**
Take Two Dulcolax tables each night for 3 nights: _____

YOU MUST STOP DRINKING WATER/CLEAR LIQUIDS 4 HOURS PRIOR TO YOUR SCHEDULED PROCEDURE.