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**PREPARATION FOR COLONOSCOPY  
USING A  
PEG LAVAGE SOLUTION/EXTRA PREP**

**Important Information:  
Please read before beginning preparation  
An Important Exam Requires Careful Preparation**

Your doctor has decided that a colonoscopy is necessary to better evaluate you colon, or large intestine. An important examination such as this requires careful preparation. The results obtained from this exam are dependent on your lower bowel (colon) being carefully cleansed and empty. An improperly prepared bowel may mean that the exam will have to be repeated at another time. More importantly, fecal matter (stool) left in the intestinal tract can hide important conditions that may be present. Therefore, it is very important that you follow these instructions as carefully as possible.

There is no perfect way to empty the colon. We have tried a variety of preparations over the years. It seems that this lavage prep has been shown to be the cleanest and quickest. It is more expensive than the other laxative kits. But if the test is worth doing, it deserves the best possible preparation.

A couple of hints....To fully evacuate the colon, this preparation will cause you to have many liquid bowel movements. Note that individual responses to laxatives vary widely. Plan to remain within easy reach of toilet facilities. Many patients find that Charmin Plus toilet tissue minimizes the expected anal irritation from wiping. Also applying a small amount of hydrocortisone cream, such as Cort-Aid, around the anal area after each bowel movement can lessen the irritation.

No laxative preparation is fun. However, this solution has been developed to make your preparation as simple, effective, and painless as possible. By splitting the preparation into two halves, it seems to be better tolerated. Please follow each instruction exactly as given. **DO NOT** follow the manufacturer's instructions on the bottle or polyps or other abnormal findings will be more likely to be missed due to inadequate preparation. **These instructions use a split-dose regimen which has been shown to clean out the colon better than other methods. This means you will awaken early on the morning of your exam to complete your laxative preparation.** Be sure to drink ALL the solution. If the test is worth doing, it deserves the best possible preparation. On the day of your exam, wear comfortable.

Go to the drug store and use the attached prescription to purchase your prep solution. Purchase the preparation kit a few days before the day of preparation and read the instructions carefully before you begin.

If you have any questions please call our office at 412-749-7160.

**BE SURE TO AVOID Metamucil and any foods with SKINS (like tomatoes), SEEDS, CORN or NUTS for a few days prior to your exam.**

**Colonoscopy Extra Prep Instructions with PEG**

You should stop taking any iron preparations five days prior to the exam. If you are taking Coumadin or Insulin call for special instructions before you begin your preparation. **Please avoid Metamucil and any foods with SKINS (like tomatoes), SEEDS, CORN or NUTS for a few days prior to your exam.**

Go to the drug store and use the attached prescription to purchase your prep solution. For this preparation you may use any brand of PEG lavage solution. The most common prescribed is Golytely. Other brands on the market are Nulytely and Colyte. They all work the same way. Some come pre-flavored. Golytely is unflavored but you may add some lemon flavor as mentioned below. Purchase the preparation kit a few days before the day of preparation and read the instructions carefully before you begin. **Also purchase one (1) 10 oz. bottle of Magnesium Citrate and six (6) Dulcolax (bisacodyl) pills.**

**Two Days Before the Examination:**

Take an ounce of Milk of Magnesia at bedtime so that you are not terribly constipated when you begin drinking the prep solution. If you develop vomiting during the prep, temporarily stop for one hour and resume. If vomiting persists, stop the prep and call our office for instructions.

**One Day Before the Examination:**

Have a light breakfast. You may take all of your normal prescription medications, except those mentioned above. Prepare the solution according to the instructions on the bottle. To improve the flavor of the plain lavage solution, you may wish to add one to two packets of Crystal Light Lemonade Flavored Soft Drink Mix from your grocery (the bottle will say you may not add anything to the mixture, but the Crystal Light Lemonade is the only acceptable flavoring). Chill the solution in your refrigerator.

**Approximately NOON:**

Have a clear liquid lunch. No solids. No milk or cream products are allowed. Until four hours prior to your appointment time you may have as much clear broth, bouillon, tea, black coffee (sweetener may be used), strained or clear fruit juices, flavored jello, clear hard candy, or popsicles as you like. Please avoid red, blue or purple colored jello or popsicles.

**Approximately 4:00 PM:**

Take **10oz of magnesium citrate and two (2) Dulcolax (bisacodyl) tablets** with water. Do NOT chew or crush the tablets. Do not take the bisacodyl tablets within 1 hour of taking an antacid. Have a **CLEAR LIQUID** supper. No solid foods, no milk products.

**Approximately 6:00PM:**

Begin drinking the lavage solution and take an additional **two (2) Dulcolax (bisacodyl) tablets** . You should drink 8 ounces every 20 minutes until half of the solution is consumed. It is best to drink each glass quickly rather than slowly sipping it.

Although there is some variation from individual to individual, you will have finished evacuating most of the solution by 11:00pm and be ready for bed. . If you have not had a bowel movement by 11:00pm, please call the answering service at 412-749-7160 (our office number answers 24hrs. a day) and have Dr. Roseman paged.

**Morning of the Examination:**

**Set your alarm to wake up six (6) hours before your colonoscopy is scheduled.** Take the remaining **two (2) Dulcolax (bisacodyl) tablets** and drink the second **half** of the lavage solution. No solid food. **You may have small amounts of clear liquids up to four hours prior to your appointment**, and then you should remain fasting. You may take all of your regular medications unless otherwise directed. No insulin. No Coumadin unless your doctor told you otherwise. Since sedation is utilized, **YOU MUST BRING A COMPANION WITH YOU TO DRIVE YOU DIRECTLY HOME AFTER THE TEST.** You will not be able to drive a car, operate any machinery, go to work or eat out at a restaurant until the following day.

**\*\*IF YOU ARE UNABLE TO COMPLETE THIS PREP OR AT THE END OF THE PREP YOU ARE NOT PASSING CLEAR OR PALE YELLOW LIQUID, PLEASE CALL 412-749-7160. IF IT IS AFTER BUSINESS HOURS YOU WILL BE CONNECTED DIRECTLY TO THE ANSWERING SERVICE AND TELL THEM TO PAGE DR. ROSEMAN.**