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GASTROINTESTINAL DIAGNOSTIC CENTERS
 Drs. Steiner, Yotseff, Dooreck & Cohen
 www.browardgi.com

Colonoscopy Preparation Instructions
4L PEG SPLIT

Purchase at the Pharmacy

- NuLYTELY, CoLyte, GoLYTELY, TriLyte or generic 4L PEG**

IMPORTANT: STOP NSAIDs (i.e. Motrin, Advil, ibuprofen, Aleve, Naprosyn), and iron for one week prior to the procedure. **STOP** Aspirin, Plavix (or other antiplatelet agent) and Coumadin (or other anticoagulation agent) prior to the procedure **as instructed**. Tylenol (acetaminophen) is OK.

Day Before Your Procedure

Morning: Have a **light breakfast** (eggs, toast). **Prepare your laxative solution with a clear liquid, shake well and refrigerate.** You must not have solid food after breakfast. You can continue to drink clear liquids all day (**until midnight**).

Noon: Clear liquids only.
Evening: Clear liquids only.

- ✓ Water or Coconut Water
- ✓ Crystal Light® (Not red)
- ✓ Apple or Orange Juice (No Pulp)
- ✓ Coffee or Tea (No milk or cream)
- ✓ Gatorade® (Not red)
- ✓ Sodas (May cause bloating)
- ✓ Clear bouillon soup (No fat)
- ✓ Popsicles (Not red)
- ✓ Jello® (Not red)
- ✓ Ensure® or Boost®

Note: Drink plenty of clear liquids on the day before the procedure. **Take your usual blood pressure medications.**

Preparation Instructions

STEP 1 – By 6:00 p.m. begin drinking the laxative mixture.

- Drink a large glass (8 ounces) every 10 to 15 minutes. *Rapidly with a straw helps.*
- Continue drinking **until the bottle is half finished (2L).**
- If cramping, bloating or vomiting occurs, slow down or take a break for about an hour and then resume drinking at a slower rate.
- If bloating or nausea occurs, it should improve as bowel movements continue.

DO NOT EAT ANYTHING after midnight

You cannot drive | Arrange transportation in advance

Referrals will be handled by our office for all procedures

Day of the Procedure

STEP 2 – Four (4) Hours Before your procedure **continue drinking until the bottle is empty (2L).**

NOTE: You must finish drinking all liquids at least **two (2) hours before** your colonoscopy.

DO NOT EAT OR DRINK ANYTHING THE DAY OF THE PROCEDURE EXCEPT THE LAXATIVE

- **TAKE YOUR USUAL BLOOD PRESSURE MEDICINE WITH A SIP OF WATER.**
- **For diabetics on insulin: USE ONE-HALF (1/2) OF YOUR USUAL INSULIN DOSE** the morning of the procedure and the other one-half (1/2) after the procedure.



DATE _____

TIME _____

WALNUT CREEK MEDICAL CENTER
 1779 N. University Drive | Suite 101
 Pembroke Pines, FL 33024
University & Taft
NE Corner | Behind CVS & Wendy's
(954) 963-0888

MEMORIAL HOSPITAL PEMBROKE
University & Sheridan | Outpatient
The hospital will call the day before
(954) 962-9650