

# "THE EASY PREP" with PEG 3350

IMA ENDOSCOPY SURGICENTER \* 8895 BROADWAY \* MERRILLVILLE, IN 46410

TO SCHEDULE: 219-736-4662 FAX: 219-736-4663 24 HOUR ANSWERING: 219-738-2081  
[www.gimed.com](http://www.gimed.com)

You have been scheduled for a colonoscopy exam on \_\_\_\_\_ .  
(date)

Please arrive at \_\_\_\_\_ at \_\_\_\_\_ am/pm.  
(place) (time)

**NOTE:** You must have a driver present when you arrive for your procedure. Your driver must remain in the waiting room during your procedure. Public transportation or cabs are not allowed.

## **Your Medication**

If you take Coumadin or Plavix, **please notify our staff as soon as possible**. We will contact your doctor for orders regarding this medication. All other medication may be taken.

**Diabetic** patients should take ½ the usual dose of insulin/diabetes medication while on this diet. No insulin or other diabetes medication should be taken the morning of the procedure. Please check your blood sugar the morning of the procedure.

**Prep: PEG 3350 ELECTROLYTE SOLUTION.** This must be purchased at your local pharmacy. (Rx provided)

1. Eat a light breakfast and lunch (**by noon**) the day before the procedure. This could include eggs, white bread, pasta, and rice. Please do not eat whole fruits or vegetables. (See low residue diet options list) After lunch you must start your clear liquid diet. Clear juices, lemonade, carbonated beverages, Gatorade, sorbet, popsicles, clear broth, hard candy, honey and tea are all acceptable. Do not drink anything containing artificial red dye.

**\*You may continue to drink clear liquids until 4 hours before your scheduled procedure time.**

2. Mix the gallon of PEG solution with water and chill in the refrigerator for several hours.
3.  At 6:00 p.m. the day before the procedure, begin drinking the PEG prep. **Drink ½ of the gallon of the solution.** It may take 1 to 2 hours to finish the first half of the prep solution. Many patients find the solution is better tolerated if you drink ginger ale or 7-Up in between glasses of PEG solution.

Drink the remaining ½ gallon of the PEG solution at \_\_\_\_\_ a.m./p.m. on

\_\_\_\_\_  
(DATE)

**\* IF YOUR PROCEDURE HAS BEEN SCHEDULED AT LAKE PARK SURGICARE or at a HOSPITAL, NOTHING **BY MOUTH** AFTER MIDNIGHT ON THE DAY OF THE PROCEDURE. NO BREATH MINTS/LOZENGES/GUM/ OR BREATH STRIPS.**

**IMPORTANT: After the procedure, drink 8 ounces of liquid at least 6 times before retiring for the night.**

*IMA Endoscopy SurgiCenter is a Joint Commission accredited facility and is owned and operated by the physicians of Internal Medicine Associates.*

*Lake Park Surgicare, LLC is a Joint Commission accredited facility and is partially owned and governed by the physicians of Digestive Medicine Associates.*