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GASTROENTEROLOGY
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VGA
center for
Obesity Medicine

Half PEG® Bowel Prep

This product is a prescription medicine called a bowel preparation. It works very quickly-- the average time to first bowel movement is within 1 hour of drinking solution. You will use the bowel preparation the day before your test. It is very important for you to FOLLOW ALL THE STEPS COMPLETELY or your doctor may not be able to complete the exam.

- Avoid nuts, seeds, corn, popcorn and skins of raw fruit and vegetables five (5) days prior to exam. Also stop iron supplements 5 days prior. (Multivitamin with iron may be continued).
- Purchase 4 bisacodyl (Dulcolax laxative) tablets over the counter.
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The Day Before the Exam

The day before the exam you may have **clear liquids only**.

DO NOT HAVE ANY SOLID FOOD, CREAM OR MILK PRODUCTS THE REST OF THE DAY.

What's considered a "clear liquid"?

A clear liquid is any beverage you can see through. Please avoid red- or purple-colored liquids. Sugar, sweetener and lemon are allowed. No cream, milk or pulpy juices (orange juice) are permitted. To help prevent dehydration, it is important to drink plenty of clear liquids before, during, and after the colon-prep process. We recommend that you have at least 20 oz of Gatorade during the preparation period.

Clear Liquid Examples

Fruit Juices	Popsicle	Powerade	Water	Pedialyte	Kool-aid®	Tea, iced tea
7-Up, Sprite	Bouillon	Gatorade	Coffee	Jell-O (no fruit)	Broth (beef, chicken)	Lemonade
Soda pop						

The Day Before the Exam

Step 1: At 2 PM Mix Solution

Add lukewarm tap water to the fill line marked on the container. Cap the bottle and shake to dissolve the powder. Use within 48 hours. **Do not use any products with regular table sugar to flavor the solution. Refrigerate.**

Step 2: At 4 PM Take Tablets

Take the 4 Dulcolax (bisacodyl delayed-release) tablets. Purchase over the counter.

Take with water. DO NOT chew or crush the tablets.

Step 3: At 6:00 PM Drink The Solution

Drink 1 (8 oz) glass every 15 minutes until ½ the solution is gone (9 eight-ounce glasses). Make sure that you shake the solution well before pouring each glass. Drink each glass quickly. A watery bowel movement should begin in 30 – 60 minutes. You may still have loose bowel movements or the feeling you need to move your bowels for several hours after you have finish drinking the solution. If your stool is not clear or a yellow clear watery liquid, please continue to drink the remainder of the solution, one 8 oz glass every 15 minutes until the solution is completely gone.



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Day of Exam

Fasting Time _____ **AM PM**

Arrival Time _____ **AM PM**

Procedure Time _____ **AM PM**

Of course, you must follow a special diet to prepare for a GI procedure, but we also ask you to completely fast. Fasting means nothing to eat or drink — no gum, candy, mints, chewing tobacco not even water or the prep solution – after a specified time. This is necessary due to the sedation or anesthesia that will be used during your test. While you are sedated, fluid from your stomach may be aspirated into your lungs. This can be dangerous causing pneumonia, infection, and in rare instances, can be fatal. Fasting properly will lessen this risk and help prevent complications.

The morning of the procedure, take your heart, breathing, seizure and blood pressure medications with a few sips of water.