

## Half • PEG <sup>®</sup>

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 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.
- **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 are permitted.

fruit juices	popsicle	Powerade	Pedialyte	water
Gatorade	7-Up, Sprite	bouillon	Kool-aid	iced tea
tea	lemonade	coffee	broth(beef, chicken)	Jell- <u>O</u>

**Do not use alcoholic beverages 24 hours before or 24 hours after your exam.**

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.**

# 1

#### Step 1: At 2 PM MIX SOLUTION

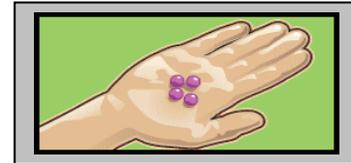
Add lukewarm tap water to the fill line marked on the container. Cap the bottle and shake to dissolve the powder. Use within 48 hours. **DO NOT USE ANY PRODUCTS WITH REGULAR TABLE SUGAR TO FLAVOR THE SOLUTION. REFRIGERATE.**



# 2

#### Step 2: At 4 PM the day before your exam TAKE 4 TABLETS. (Purchase over the counter)

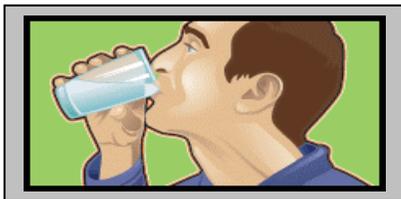
Take 4 bisacodyl delayed-release tablets (or Dulcolax laxative) with water. **DO NOT** chew or crush the tablets.



# 3

#### Step 3: At 6:00 PM DRINK THE SOLUTION

Drink 1 (8 oz) glass every 15 minutes until  $\frac{1}{2}$  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 approximately 30 minutes to an hour. 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.



**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, in addition to that, we ask you to completely fast. **Fasting means that you are to have nothing to eat or drink — no gum, candy, mints, chewing tobacco not even water after a specified time.** This is necessary due to the sedation or anesthesia that will be used during your test. While you are sedated, or sleeping, fluid from your stomach may be aspirated or move into your lungs. This can be very 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.