

PEG Split Prep for Colonoscopy

Liquid Diet

Start a liquid (no solid foods) diet from the moment of waking up on the day before the procedure.

Clear Liquid Diet

- Gatorade, fruit juice (no citrus), soda, popsicles without fruit or cream, gelatin without fruit, broth without fat, coffee, and tea
- No solid food
- No red, orange, or purple colored liquids
- No dairy

Take the Medications

- Take one 5mg Bisacodyl tablet at noon (12 pm).
- Fill Prep solution jug to fill line with water. Shake to mix. Begin drinking 8-10oz glasses of PEG solution between 4 and 6pm until 2 liters is consumed.
- Drink remaining 2 liters 6 hours before your procedure.
- You may have clear liquids up to 4 hours prior to your procedure.

Do not eat or drink (not even water) anything 4 hours prior to your procedure.

- Be sure to inform your doctors and nurses about any diabetic medications and/or blood thinners you take.
- Take all medications for high blood pressure, heart conditions, or seizure disorder with water 4 hours prior to your procedure. This is the last liquid you should have.
- Bring rescue inhalers, asthma inhalers, diabetic medications, glucose monitor, and CPAP or BiPap machine with you to the procedure.
- Please be sure to have a ride arranged and with you to take you home after the procedure. If you do not have a ride with you, your procedure may be canceled.

Questions? Please call (303) 398-1355 option #4, if you have any questions or need to reschedule.

Visit our website for more information about support groups, clinical trials and lifestyle information.

PTE.316 © Copyright Revised 2/2015

NOTE: This information is provided to you as an educational service of National Jewish Health. It is not meant to be a substitute for consulting with your own physician.

National Jewish Health is the leading respiratory hospital in the nation. Founded 119 years ago as a nonprofit hospital, National Jewish Health today is the only facility in the world dedicated exclusively to groundbreaking medical research and treatment of patients with respiratory, cardiac, immune and related disorders. Patients and families come to National Jewish Health from around the world to receive cutting-edge, comprehensive, coordinated care. To learn more, visit njhealth.org.