

## Half PEG Prep for Colonoscopy

### Clear Liquid Diet

Start a clear 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

- When you start the clear liquids, take one 5mg Bisacodyl (also known as Dulcolax) tablet at noon (12 pm).
- Fill Prep Solution jug to fill line with water, shake to mix. Begin drinking 8 oz. glass of solution every 15 minutes between 4 and 6pm, until 2 liters is consumed (half of the jug). Discard remainder.
- Drink the bottle of clear magnesium citrate 6 hours before your procedure.
- You may have clear liquids up to 4 hours prior.

### 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 will be 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 will be cancelled.** Your ride needs to be someone you know over 18 years of age, or a medical transport.

**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.

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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.

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