

PEG Bowel Preparation For Colonoscopy, Bowel Surgery or Procedures

Colorectal Surgery Services

Important – please read these instructions carefully at least two (2) weeks before your procedure.

“Bowel Preparations” are used to get the large bowel or colon ready for colonoscopy, surgery or other bowel procedures. The preparations go by different names such as GoLYTELY™, NuLYTELY™, TriLyte™, HalfLyte™, or Colyte™. The purpose is to clear the bowel of any solid, fecal matter or stool to allow the colonoscopy to be performed easier. You will need the following items:

1. PEG bowel preparation. You should have a prescription for this, which can be filled at CVS™, Walgreen’s™ or Eckerd’s™ or any drug store.
2. Fleet® enema (This is over the counter and no prescription is needed. You can get them at HEB™, Walgreen’s™ or Eckerd’s™ or any drug store.)

Purchase the above items at least five days before your procedure to ensure you have everything that you need.

The Day Before Your Procedure or Colonoscopy on _____ (date)

Start cleaning out your colon 24 hours before your surgery. Drink only clear liquids the day before your colonoscopy. Do not eat or drink solid food, dairy products, or alcoholic beverages. The following are examples of clear liquids:

Water or ice	Tea	Soft Drinks (no red)
Sport drinks (Gatorade®)	Clear sodas	Lemonade
Clear broth or bouillon	Jello-O (no red or purple)	Apple juice
Coffee (no milk or cream)	Kool-aid®	Popsicles
Fruit juices (no pulp)	Italian Ice	White grape juice

Begin cleaning out the bowel preparation solution and enemas. This will make your stools run frequently. It is better to clean out the colon while at home and close to a toilet. The stools will become watery, clear or pale yellow or light green. There should not be any solid stool or flecks within the liquid stool. Follow the schedule on the last page.

In the morning, prepare the bowel preparation solution according to the instructions and refrigerate it for use that evening. Have a clear liquid breakfast and lunch.

Start the preparation in the afternoon. Have a clear liquid supper. In the afternoon, begin drinking bowel preparation solution. Drink an 8 oz. glass every ten minutes. Drink each glass quickly rather than sipping it. Drinking through a straw helps.

It takes about thirty (30) minutes for the bowel cleanser to start working. It may continue to cause liquid stools for 2 – 3 hours after you have finished drinking it.

Be sure to drink all of the solution. If the bowel is not cleaned out well, then the colonoscopy or procedure may be cancelled & bowel preparation may need to be repeated. It is important to get the colon very clean.

Do not have any food or liquids by mouth after midnight before your surgery.

The Morning of the Procedure or Surgery on _____ (date)

Take only the medicines you were instructed to take the morning of the procedure with sips of water. Be sure to ask your doctors which of your routine, home medicines you can take that morning. If you have diabetes, high blood sugars, hypertension or high blood pressure you should ask your doctor which medicines you should take.

Bring all of the medications you take and medication lists to the hospital with you the morning of your procedure. Keep the medicines in the original bottles.

If you have diabetes or take insulin, please inform your doctor or nurse. You may need to adjust your insulin dose the morning of your procedure. Bring your diabetes medications with you so you can take them immediately after your procedure.

Special Conditions and Instructions

Inform your physician or nurse if you are taking vitamins, iron pills, Coumadin (Warfarin), ibuprofen or aspirin, Ticlid (ticlopidine), Plavix (clopidogrel) or any blood thinner. These may need to be stopped 5 days before your colonoscopy.

Do not drink red or purple colored liquids or foods the day before your procedure. Avoid bulk-forming agents (like Metamucil® & Citrucel®), seeds, popcorn, multigrain bread, salad or high fiber foods for 2 days prior to your procedure. These may make the inside of the colon difficult to see.

Due to the sedation medications given during the procedure, you will not be permitted to drive yourself home. Please bring a responsible adult, age 18 years or older, who can drive you or escort you home. You must have some one stay with you at home until you are fully awake & can care for yourself. You may resume all normal activities the morning after you procedure.

Nausea, vomiting or bloating can occur when cleaning the bowel. If this occurs, stop drinking the bowel cleanser for about 30 minutes then resume drinking it. Walking helps wash the cleanser through. If the nausea & vomiting persist, you should call your physician's office.

These written instructions **do not** replace a discussion with your physician or nurse. They may give you other instructions. Feel free to ask questions, come back for a visit or call if you are unclear about your diagnosis, treatment plan or these directions.

On _____ (date) start these instructions:

TIME	TASK
Morning	Mix the PEG bowel preparation solution as instructed on the package and place in the refrigerator to make it cold. Have a clear liquid breakfast.
12 noon	Eat a clear liquid lunch about noon.
4:00 p.m.	Begin drinking the bowel preparation solution. Drink an 8 oz. glass every 10 minutes. Drink each glass quickly rather than sipping it continuously. Drinking through a straw helps. Have a clear liquid supper.
12 midnight	Have nothing by mouth to drink or eat after midnight.
Morning of procedure	If ordered by your team, clean out the rectum with two Fleet® enemas. Follow the directions on the Fleet® bottle or package. Make sure to evacuate the enemas on the toilet from your rectum before leaving for the hospital.