

PEG PREPARATION FOR COLONOSCOPY

1. Please purchase the following items in the pharmacy: (a & b do not need prescriptions)
 - a) 10 oz. bottle of citrate of magnesia
 - b) Dulcolax® or bisacodyl suppository
 - c) Metoclopramide 10mg tablet
 - d) Nulytely® or Golytely® (one gallon)

If you purchase the Nulytely or Golytely more than two days before the exam, do not have the pharmacist add water to the powder. You will do that at home according to the pharmacist's instructions. The resulting liquid will taste better if refrigerated for no more than two hours. You may flavor the fluid with any sugar-free and salt-free powdered drink mix. Do not use powders which are colored red or purple.

2. Stop all **aspirin and aspirin-containing medication** (please read the labels of over-the-counter drugs) **at least ten days before the exam**. Stop **Coumadin (warfarin) four days** before the exam. Please call Dr. Kummer before starting these preparations if you take medication for **diabetes**.

3. For **two days prior** to the colonoscopy, you should not eat rice, corn, lentils, peas or beans. During this time you should take nothing other than Tylenol or acetaminophen for any pain relief. **On the day prior to the colonoscopy**, you should eat nothing solid, taking only liquids. Jell-O or sherbet is fine but not if colored red or purple. Drink as much as you wish. Take all of your usual medications on the day before the colonoscopy except _____. **At 1 PM**, drink one 10-ounce bottle of citrate of magnesia.

4. **At 5 PM** on the evening prior to your colonoscopy, take the metoclopramide tablet. Forty-five minutes later begin drinking an 8-ounce glass of the preparation fluid (in the gallon container) **every ten minutes** until all of the liquid is consumed. About one hour after your first glassful you will begin to have watery bowel movements.

5. **At least one hour before coming to the office**, insert the Dulcolax/bisacodyl suppository into your rectum. You will have a final bowel evacuation within thirty minutes.

6. If your colonoscopy is scheduled for the morning, you should have nothing to eat or drink after midnight except for your medications. **IMPORTANT: please take your usual medications** for hypertension, asthma, heart or thyroid conditions, except (do not) take _____.

7. If your colonoscopy is scheduled for the afternoon, you may drink clear liquids until four hours before your test, but must not eat or drink anything else. Clear liquids are clear juices (apple, cranberry or grape), soda, bouillon, water, coffee or tea without milk. **You should take all of your usual morning medications**, however, except _____.

8. Come to NYUMC Trinity Centre at 111 Broadway in Manhattan, on the 2nd floor of, on _____ at _____ M. Please bring your insurance cards, photo id and this sheet.

9. Plan to spend about two hours at the office. The colonoscopy itself will take about 30 minutes. You should not plan to drive, work, or operate machinery, including home tools and kitchen appliances for the rest of the day following colonoscopy. **Please arrange for someone to take you home after the examination**. Your escort need only be available to pick you up and does not have to accompany you to the office. You will be able to call your escort from the recovery area. If you have not arranged for someone to escort you home, we will not be able to register you and your exam will be **canceled**.

10. If you have any questions, **please** do not hesitate to **call** me.