

*Roger Kao, M.D.*

*Scott Levenson, M.D.*

DIGESTIVE CARE ASSOCIATES 1000 LAUREL STREET SAN CARLOS, CA 94070 (650) 596-8800 [www.digestivecarecenter.com](http://www.digestivecarecenter.com)

## COLONOSCOPY

### PEG-3350 BOWEL PREPARATION INSTRUCTIONS

**Patient's Name:** \_\_\_\_\_

**Procedure Location:** **Digestive Care Medical Center** (650) 596-8800 (scheduling/after hr)  
1000A Laurel Street, San Carlos, CA (650) 596-8118 (nursing)

**Date and Time of Procedure:** \_\_\_\_\_ **ENTER ON MORSE ST.**

**Arrival Time:** \_\_\_\_\_

**Purpose of Procedure:** To evaluate the colon with a flexible instrument.

**Preparation:** Obtain the prescribed 4 liter bottle of PEG-3350 laxative (e.g. Trilyte, Golytely) with flavor packets or Crystal Light **and** four 5mg Dulcolax tablets from a pharmacy.

- **5 Days Before:** Stop taking any anti-diarrheals (e.g. Imodium), Plavix, warfarin, ibuprofen, naproxen, iron, aspirin in doses > 81mg.
- **3 Days Before:** Avoid whole grain bread, high fiber cereals, fiber supplements, nuts, seeds, granola.
- **2 Days Before:** Add one flavor packet or Crystal Light to the bottle, fill with lukewarm water to the line, and mix well. Refrigerate. Stop Eliquis, Pradaxa, Savaysa, Xarelto, if allowed by your prescribing doctor.
- **1 Day Before:**
  1. Drink **only clear liquids the entire day** (Gatorade, clear broth, apple juice, cranberry juice, grape juice, soda, popsicles, tea, black coffee and jello). **No red jello. No alcohol. No solid food.**
  2. At noon take 2 Dulcolax tablets by mouth. At 3 pm remove the laxative bottle from the refrigerator and at 4 pm begin to drink it. Drink at least one 8-ounce glass every 15 minutes. Finish 3L (or 3/4 of the container) by 7 pm. Once completed take 2 more Dulcolax tablets by mouth and refrigerate the last 1 liter of PEG solution overnight. (Note that responses to laxatives vary; it may take anywhere from 30 minutes to 4 hours to cause diarrhea).

#### **Day of Procedure:**

1. Starting 4-6 hours before the procedure, drink the remaining 1L of PEG solution (one 8oz. glass every 15min).
2. Nothing to drink for 2 hours prior to the exam. Take your usual morning medications (particularly blood pressure medications other than diuretics) with sips of water.

#### **Please note:**

- If you are diabetic hold your oral diabetic medication on the morning of the procedure. Check your blood sugar and if >150 then take ½ your regular insulin dose on AM of procedure.
- Arrange for someone to drive you home (not Uber, Lyft, taxi or bus) and be prepared to be at the endoscopy center for 60 minutes. **You will not be able to drive for the remainder of the day of your procedure.**
- Please notify us **at least** one week prior to the exam if you must cancel. **NOTE: There is a \$300 charge for procedures cancelled within 5 business days of scheduled date.**
- The above procedure will result in bills from our office (Digestive Care Associates) and facility (Digestive Care Medical Center) covering costs of the doctor, nursing, medication, and any pathology specimens. We will collect up to \$300 deposit if yearly deductible has not been met.