

**Date of Procedure:** \_\_\_\_\_

**Location:**

1650 Grand concourse, Endoscopy unit, Third floor, BronxCare Hospital,  
Bronx, New York 10457



**Colonoscopy Preparation**

1. Please fill the PEG solution container with water **up-to the line** and place in refrigerator to chill before start drinking.
2. You will drink one 8 Oz cup every 10-15 minutes.
3. Drink with a straw.
4. If you feel nauseous, stop for some time and then start drinking again.
5. Drink Ginger ale if nauseous.

Please make sure to **drink complete** prep solution.

**Day before colonoscopy**

**Step 1:** \_\_\_\_\_ PM- Take all 4 tablets of Bisacodyl with 2 cups 8 oz. of water

**Step 2:** \_\_\_\_\_ PM - Drink \_\_\_\_\_ liter of the Gatorade/ PEG solution mixture.

**Day of the Procedure:**

**Step 3:** \_\_\_\_\_ AM: Start drinking the rest of \_\_\_\_\_ liter the PEG solution mixture.

**Last Drink should be 3 hours before procedure time**

## **Medication:**

- ✓ Please take your Blood Pressure medication with sip of water in morning.
- ✓ Use your inhalers regularly 2 days before and take one dose before you appointment.
- ✓ Hold your diabetic pills.
- ✓ Take half of morning insulin dose. (Insulin glargine, Basaglar, Lantus)

## **Important:**

- Diet start from morning day before colonoscopy
- Laxative cannot wash the solid food.
- Poor preparation make it difficult to examine colon due to stool.
- Poor prep requires repeat colonoscopy.
- After the procedure, you will need an escort or a responsible adult accompany you back from the hospital.
- You will not be able to drive an automobile or return to work after the test.
- Please schedule a day off from work on your colonoscopy procedure day.