



**Location:** 51 W Burnside Ave, Bronx, NY 10453

**Phone:** (917) 791- 6004, (718) 518-5062

Date of Procedure: \_\_\_\_\_ Time \_\_\_\_\_



## **Colonoscopy Preparation**

- Please fill the PEG solution container with water up-to the line and place in refrigerator to chill before start drinking.
- You will drink one 8 Oz cup every 10-15 minutes.
- If you feel nauseous, stop for some time and then start drinking again. Drink Ginger ale if nauseous
- Please make sure to drink complete prep solution.

## **Day before colonoscopy Procedure**

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

**Step 2:** Time \_\_\_\_\_ PM to \_\_\_\_\_ PM. Drink \_\_\_\_\_ liter of the PEG solution mixture.

### **Day of the Colonoscopy Procedure:**

**Step 3:** Time: \_\_\_\_\_ AM to \_\_\_\_\_ 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:**

- ❖ Liquid Diet start from morning day before colonoscopy
- ❖ Laxative can- not wash the solid food from colon.
- ❖ 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.