

Three Rivers Endoscopy Center

725 Cherrington Parkway • Moon Township, PA 15108-4305
412.262.1000 www.gihealth.com

Colon Preparation Instructions

Citrate of Magnesia + PEG lavage solution

Modern colonoscopy is a diagnostic procedure to examine the colon, or large intestine. Over the past 40 years, it has become the gold-standard in screening for colon polyps and prevention of colorectal cancer. With modern methods of sedation and newer thin flexible instruments, most exams are quick, painless, and very safe. For an accurate and safe exam, however, it is very important that your colon be purged of all waste material by means of a restricted diet and laxative preparation, or "prep." Colonoscopy is an important exam. REMEMBER: An accurate exam requires an excellent prep.

Most patients report that the worst part of the procedure is not the colonoscopy, but the necessary preparation the day before. Preparing for a colonoscopy is never pleasant, but it is important that you follow all instructions carefully so that the test need not be rescheduled. If you have any questions, please call our office - (412) 262-1000 option #2.

Three Days Before the Examination:

Make arrangements for a companion to accompany you to your appointment and drive you home. If possible, it is best that this person be someone with whom we can share the results of the examination. *We require that your driver remain in the building the entire time that you are here, which averages less than two hours* - otherwise your appointment may have to be rescheduled.

Eat normally, but don't overeat to compensate for the upcoming fast. Please avoid Metamucil, vitamins containing iron, raw vegetables, corn, and foods with small seeds such as tomatoes, sesame seeds, kiwi, and cucumbers for a few days before your exam. Go to the drug store and use the attached prescription to purchase your prep kit. This should include *two* items:

- one 10-ounce bottle of *lemon-lime* Citrate of Magnesia. (This is a non-prescription item.)
- one 4-liter bottle of NuLYTELY lavage solution (or GoLyteLy, , Colyte, PEG, etc)

For this preparation, you may use any brand of PEG lavage solution. None can claim to taste good, but probably the least offensive is NuLYTELY which is less salty and comes with flavor packs. Other commonly prescribed solutions include GoLyteLy, CoLyte, and PEG generic. They all work the same way. Some come pre-flavored. Golytely and generic PEG are unflavored, but you may add some lemon or ice-tea flavored Crystal Light.

Purchase the prep items at least one day before the day of preparation and read these instructions carefully before you begin. If you tend to be constipated, it is best to take two ounces of Milk of Magnesia and a big glass of water at bedtime *two nights before* your test so that you are not terribly constipated when you begin your laxative preparation.

We recommend that you also purchase:

- A soft brand of toilet tissue. We suggest Charmin *Plus*.
- A box of baby wipes such as Huggies or Pampers Aloe wipes
- One small tube of diaper rash or Zinc Oxide cream (such as A & D Zinc Oxide)
- Two bottles of Boost Plus drink, any flavor. (*Diabetics use Boost Glucose Control.*)
- A small box of Animal Crackers or Vanilla Wafers.
- Clear liquids and Jello. See list at end. (NO red, green, blue, or purple.)

One Day Before the Examination:

Food will be restricted this day, but you **MUST** drink plenty of clear fluids to prevent dehydration from the effects of the laxative. You may have as much Gatorade, clear broth, bouillon, iced tea, hot tea, black coffee, strained or clear fruit juices, flavored jello, sodas, Kool-Aid, clear hard candy, Italian ice, or popsicles as you like. Please avoid bright red, purple, green, or blue colored items such as Cherry Jello or Cherry Popsicles. The best choice is banana, pineapple, orange or lemon flavored. No solids. No milk or cream products are allowed.

Have a light breakfast such as one large or two medium eggs *or* a small portion of skinless chicken, turkey or fish with 1 slice of white toast, pulp-free orange juice, and creamless coffee or tea. You may take all of your normal prescription medications. **If you are taking blood thinners such as Coumadin, Plavix, Ticlid, Aggrenox, or if you are taking Insulin or pills for diabetes, call for special instructions before you begin your prep.** Prepare the PEG solution according to the instructions on the bottle. (To improve the flavor of the unflavored lavage solution, you may add one packet of Lemonade or Ice Tea Flavored Crystal Light mix from your grocery.) Chill the solution in your refrigerator. You may go to work, but bring two bottles of Boost Plus and the box of animal crackers.

Approximately 10 AM

To minimize hunger and maintain your energy, have:

One 8 oz bottle of chilled Boost Plus or Ensure Plus and just four (4) Animal Crackers or Vanilla Wafers. Follow with 8 oz of any clear liquid.

Approximately Noon

To minimize hunger and maintain your energy, have another:

One 8 oz bottle of chilled Boost Plus or Ensure Plus and just four (4) Animal Crackers or Vanilla Wafers. Follow with 8 oz of any clear liquid.

Approximately 4:00 PM

Pour the entire 10 ounce bottle of Citrate of Magnesia into a glass of ice and drink the entire glass over several minutes. Follow this with at least **three** more 8 ounce glasses of plain tap water or any clear liquid over the next hour. It is best to drink each glass quickly rather than slowly sipping it. *From this point on, you should remain near bathroom facilities.* Do not be concerned if nothing happens in these first 2 hours.

This preparation will cause you to have many liquid bowel movements and can be irritating to the sensitive anal tissues. Many patients find that a soft toilet tissue such as Charmin Plus followed by a moist "baby wipe" or warm washcloth minimizes anal irritation from wiping. Avoid rubbing too hard. Gently pat the area. Also, applying a small amount of diaper rash/zinc oxide cream, Vaseline, or Preparation H cream around the anal area after each bowel movement can lessen the irritation. Have reading material handy in the bathroom, an MP3 player, iPod, etc.

Approximately 6:00 PM

Begin drinking the PEG lavage solution. You should drink 8 ounces every 15 minutes until half of the solution (8 glasses) is consumed. This will take about 2 hours. It is best to drink each glass quickly rather than slowly sipping it although some patients prefer drinking it through a straw. It is better chilled. If you develop nausea or vomiting, just pause for an hour, then try to resume the preparation.

Approximately 8:00 PM:

You will have finished drinking half of the bottle. You can expect most of the fluid to be evacuated within an hour or so. You may drink as much clear liquid as you wish - the more the better. Put the remaining PEG solution in your refrigerator overnight. Go to bed early and get a good night's sleep. Don't forget to set your alarm.

Morning of the Examination

Four and 1/2 Hours before your appointment

Do NOT eat breakfast. Resume drinking the PEG lavage solution. Please drink four (4) more full glasses of the remaining solution. *You must finish this at least 4 hours before your exam and remain fasting the last 4 hours prior to your procedure time.* NO additional fluids. NO gum, candy or mints. If you are diabetic, please do not take your diabetic medication on the morning of the exam. Unless otherwise instructed, you may take all of your other regular medications with a sip of water. **It is normal to continue to pass small amounts of clear or yellow liquid.**

You should plan to arrive on your scheduled appointment time. This allows time for registration, preop preparation, and any special orders which may be required by your physician, and to answer any questions that you may have.

Wear loose comfortable easily-removable clothing and leave high heels, jewelry and other valuables at home. **Please bring your insurance card and driver's license.** Since sedation is utilized, YOU MUST BRING A DRIVER WHO REMAINS IN THE BUILDING the entire time of your appointment, or your procedure may be cancelled. The average visit is less than two hours. After the exam, you must be driven directly home, not to a restaurant. You may then gradually resume a normal diet and take a nap as the sedation wears off. You should not plan to work or drive until the following morning. You may resume normal activities the day after your exam. It is best that you do not plan to fly or travel long distances or to remote areas away from medical care for the first week, especially if a polyp was removed.

Clear Liquids Permitted

- Water
- Tea
- Plain coffee
- Clear juices such as apple, pulp-free orange juice or white grape
- Lemonade from powdered drink
- Fruit flavored drinks such as Kood-Aid, Crystal Light
- Carbonated beverages/ soda
- Sports drinks such as Gatorade, All-Sport, Powerade, etc
- Fat free broth / bouillon / consommé
- Plain / flavored Jello gelatin
- Fruit ices / Italian ices
- Sorbet
- Popsicles (without milk or added fruit pieces)
- Carnation Instant Breakfast Fruit Drink (Not regular Carnation Instant Breakfast)
- Honey
- Sugar
- Hard Candy - up until 3 hours before appointment

Remember:
(NO red, green, blue, or purple.)

CENTER FOR DIGESTIVE HEALTH & NUTRITION

(Affiliated with Three Rivers Endoscopy Center)

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NAME _____

ADDRESS _____ DATE _____

(1) Bottle Lemon-Lime Citrate of Magnesia 10 oz.

(1) NuLYTELY Lavage Solution 4L with flavor packs

(Can substitute any form of GoLyte, NuLyte, CoLyte, or generic if necessary)

Sig: Use As Directed

LABEL YES

REFILL ONE

M.D.

Pharmacist: Please substitute other PEG Lavage solutions as needed.