

**HOW TO PREPARE FOR YOUR  
COLONOSCOPY WITH PEG 3350**

Your colonoscopy is scheduled at:

\_\_\_ **East Tennessee Gastroenterology** 2404 Chambliss Ave

\_\_\_ **Tennova Healthcare Main Campus** 2305 Chambliss Ave

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

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

**You must have someone to drive you home following your procedure**

**5 days prior to your procedure stop taking the following medications:**

- Aspirin
- Aleve
- BC or Goody's Powder
- Iron or Vitamins with Iron
- ▶ **You May Take Tylenol**
- Advil
- Ibuprofen
- Motrin

**Unless otherwise instructed** take your regular medications as usual the day before your procedure, but **Do Not** take your Morning medications the day of your procedure.

Your prescription for **PEG3350** will be sent thru e-scribe to your pharmacy.

**\*\*If you have any decreased kidney function please notify Dr. Samuel's staff immediately. Your prep instructions may need to be modified.**

**(Please turn over for more instructions)**

**George A. Samuel, D.O.**

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**Morning prior to your procedure** \_\_\_\_\_ :

- ▶ You may eat a **light breakfast** before 9:00 am, then only clear liquids for lunch and dinner up until MIDNIGHT.

**Clear liquids** are juices without pulp (apple, white grape), water, coffee, tea, Jell-O, Coke, Sprite, Ginger Ale, Dr. Pepper, Gatorade, flavored waters, clear broth or bouillon, and popsicles. **NOTHING RED OR PURPLE IN COLOR.**  
Milk, cream and other dairy foods ARE NOT clear liquids.

**You will be drinking 2 doses of PEG 3350. Mark off each completed step.**

- Mix up the whole container – Add lukewarm drinking water to the top line of the container. Mix to dissolve. Refrigerate
- Drink the first dose at 6:00 pm to 9:00pm – The PEG 3350 container is divided by 4 marks. Every 15 minutes drink 8 ounces of the solution until you have finished  $\frac{3}{4}$  of the container. Now drink at least 2 more 8 oz cups of water.
- Drink the second dose at \_\_\_\_\_ - Every 15 minutes drink 8 ounces of the solution until the full container has been completed, again. drink at least 2 more 8 oz cups of water.

You will have multiple bowel movements during the whole prep. This is very important and a necessary part of preparing for your colonoscopy. Please drink plenty of liquids to stay hydrated during this process.

**Drink only water and your prep after midnight.**

**DO NOT drink anything after \_\_\_\_\_**

Bring your photo ID to your procedure and the check off list for your sedation.

**We charge a \$100 fee for office procedures that are not cancelled by 12:00 pm on the Thursday prior to a Monday procedure. We charge \$100 for office procedures not cancelled 48 hours in advance of a Wednesday procedure.**