

COLONOSCOPY PREPARATION INSTRUCTIONS (PEG)

Your colon must be very clean so that we can see its inner lining. *A clean colon also reduces the risks associated with the procedure. Therefore please follow these instructions carefully and completely so that the examination can be done optimally the first time.

Be sure to take all your prescription medications as you normally would except for blood thinners like aspirin or aspirin - like medication, Plavix and Coumadin unless otherwise instructed by us.

FIVE DAYS BEFORE THE PROCEDURE: Stop taking all aspirins, arthritis medications and iron-containing pills. You could use Tylenol or CELEBREX for pain relief.

If you are on a blood thinner please call our office and talk to your primary doctor or cardiologist and get their approval to stop taking it.

TWO DAYS BEFORE THE PROCEDURE:

Take 3 DULCOLAX tablets at **8.00 PM** along with a large glass of water 300 cc.

THE DAY BEFORE THE PROCEDURE:

You should consume only clear liquids. This includes clear soups, bullion, or jello (Avoid red color and dairy products). Coffee, tea, and colas are also acceptable, but no solid food should be eaten after this time.

- Take the 3 Dulcolax tablets at **12.00 noon**
- Begin drinking Golytely or Colyte or Nulytely at **2:00 PM** and drink the whole gallon over 4-6 hours.

After midnight take nothing by mouth except your prescription medicines with sips of water or juice.

****You must take all your prescription medication just as you always do except for the above mentioned blood thinners.**

If you are sore after the bowel prep you could use a hemorrhoid cream or powder to soothe the rectum which you can get over the counter like Anusol, preparation H etc

Clip Prescription Here

Roy M. Joseph, M.D.	<u>NAME</u>
3324 Colorado Blvd.	
St. 101	<u>DATE</u>
Denton, TX 76210	940-566-5800 or 940-243-7200

COLONOSCOPY PREP KIT

Disp: Dulcolax 6 tablets

Golytely Colyte Nulytely

One gallon

Sig: Use as directed/No refill

Physician Signature