



Thank you for choosing Bellin Health Gastroenterology for your care.

- Please review all instructions thoroughly and contact our Bellin Health Gastroenterology office with questions, (920) 431-5650 or (800) 924-4302.
- **Your bowel prep is extremely important!** If your bowel is not clean when you arrive, your procedure will need to be rescheduled rather than giving you an incomplete and poor exam.

PEG-3350- Pick up from your pharmacy. If cost is an issue, please contact our office for other options.

3 Days Before procedure	<ul style="list-style-type: none">• Drink 64 oz. of any clear liquid throughout the day today.• Start following the low fiber/ low residue diet.• Stop eating nuts, seeds, corn, popcorn, raw fruits and vegetables containing seeds, whole wheat and multi-grain foods, bran, fiber supplements and bulking agents until after your procedure
2 Days Before procedure	<ul style="list-style-type: none">• Drink another 64 oz. of any clear liquid throughout the day today.• Continue following the low fiber/low residue diet.• Remember, the less you eat now, the easier the prep will be.• If at the time of scheduling it was recommended you use an additional laxative because you have a history of constipation, then at 5:00 PM : Drink a bottle of <i>magnesium citrate</i> (10fl oz).• Do Not eat solid foods after midnight.
1 Day Before procedure	<ul style="list-style-type: none">• Do Not eat solid foods.• Drink only a clear liquid diet.• Drink an 8 oz. glass of clear liquid every hour throughout the day.• At 5:00 PM: Fill the laxative jug with water up to the fill line. In place of the flavor packet that came with the prep, you may add a small tub or six “on-the-go” packets of Crystal Light lemonade to the jug and mix until it all dissolves.• After the laxative is mixed, begin drinking the laxative as tolerated until half the jug is empty. (Recommend a glass every 10-15 minutes)• After you finish half your laxative, you may continue to drink clear liquids. <p><u>These directions will provide the best results with the fewest side effects. If you become uncomfortable, stop drinking and wait until the symptoms subsides, then continue where you left off.</u></p>
Day Of Procedure or late evening before	<ul style="list-style-type: none">• Continue - Do Not eat solid foods.• Continue - Drink only a clear liquid diet.• 7 hours before your scheduled scope time: Finish drinking the last half of laxative as tolerated until the jug is empty. (Recommend a glass every 10-15 minutes)• After you finish your laxative, you may continue to drink clear liquids up until 3 hours prior to your registration time. <p><u>These directions will provide the best results with the fewest side effects. If you become uncomfortable, stop drinking and wait until the symptoms subsides, then continue where you left off.</u></p> <ul style="list-style-type: none">• All liquids - including water, must be STOPPED, at minimum, 3 hours prior to your registration time or your procedure will need to be rescheduled.• After completing your prep, the color of your stool should be pale yellow or clear.• It is important to call our office at (920) 431-5650 for further instructions if you continue to pass formed stool or the liquid remains brown.