

Four-Liter PEG Preparation

2 to 3 days before your colonoscopy:

Avoid raw fruits, raw vegetables and grains (especially whole wheat, seeds or nuts) for 2 days before the procedure.

1 day before your colonoscopy:

Enjoy a light breakfast such as cereal, toast, eggs (but without seeds, raw fruits or raw vegetables). After your breakfast meal DO NOT eat solid food until after your colonoscopy is performed the following day. YOU MAY HAVE ONLY CLEAR LIQUIDS UP TO TWO (2) HOURS BEFORE YOUR PROCEDURE. Chewing Gum is acceptable. Clear liquids include water, apple juice, ginger ale, 7-up, coffee (black), tea (no milk or creamers), Gatorade (not red in color), jello (not red in color), chicken broth (fat free) or beef broth (fat free).

The day before your colonoscopy:

At 6 PM:

Mix the 4 Liter solution in the provided container. Pour half of the mixture into a separate container for immediate consumption. The other half of the mixture should be saved for drinking the next morning. Drink the first half of the mixture. Some like to drink 10 ounces every 10 minutes. If you feel full or feel like vomiting, slow down your drinking or take a break for one hour. **It is important to drink ALL of the solution to cleanse your colon properly.** *(There may be discrepancies between the instructions on the solution and these instructions. Please follow these instructions).* After you have finished drinking the solution, resume drinking clear liquids.

The day of your colonoscopy:

FOUR (4) hours before your procedure, drink the second half of the mixture. **It is important to drink ALL of the solution to cleanse your colon properly.** After you have finished the solution, you may resume drinking clear liquids until 2 hours prior to your procedure.

DO NOT HAVE ANYTHING TO DRINK FOR 2 HOURS BEFORE YOUR PROCEDURE.

For example, if you are scheduled for a 10 A.M. procedure, stop your clear liquid diet and have nothing by mouth after 8 A.M. the morning of your procedure.