

# Denver Endoscopy Center

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## Four-Liter PEG Preparation

### **2 to 3 days before your colonoscopy:**

Avoid raw fruits and raw vegetables.

### **1 day before your colonoscopy:**

Enjoy a light breakfast such as cereal, toast, eggs (but without seeds, raw fruits or raw vegetables). After your breakfasts DO NOT eat solid food until after your colonoscopy is performed the following day. YOU MAY HAVE ONLY CLEAR LIQUIDS UP TO THREE (3) HOURS BEFORE YOUR PROCEDURE. Acceptable clear liquids are 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 evening before your colonoscopy:**

Around 6pm, begin drinking the 4 Liter solution. 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. (*There may be discrepancies between the instructions on the solution and these instructions. Please follow these instructions*). **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 3 hours prior to your procedure.

### **DO NOT HAVE ANYTHING TO DRINK FOR 3 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 7 A.M. the morning of your procedure.