

# BOWEL PREP INSTRUCTIONS (Colyte/PEG 3350)

INTERNAL MEDICINE ASSOCIATES \* 8895 BROADWAY \* MERRILLVILLE, IN 46410

Scheduling Dept. Phone: 219-736-4219

IMA-MED.COM

DATE OF PROCEDURE: \_\_\_\_\_ LOCATION OF PROCEDURE: \_\_\_\_\_

ARRIVE AT THE FACILITY: \_\_\_\_\_  FACILITY WILL CALL YOU WITH AN ARRIVAL TIME

- You **must** have a driver present at all times at the facility who will take you home.
- *Public transportation or cabs are not allowed.*
- **STAY HYDRATED. DRINK ADDITIONAL CLEAR LIQUIDS DURING THIS PREP**

## **Blood Thinner Medications:**

*If you take a blood thinner, notify Internal Medicine Scheduling Dept. for your Special Instructions (Coumadin, Plavix, Brilinta, Eliquis, Lovenox, Xarelto, Aggrenox, Effient, Pradaxa, Zontivity or Savaysa). You may stay on your Aspirin.*

## **PREP INSTRUCTIONS:**

- **START YOUR PREP THE DAY BEFORE YOUR PROCEDURE ON \_\_\_\_\_(date)**
  - **AT 9:00 a.m. START A CLEAR LIQUID DIET** Please see additional page "Just what is a Clear Liquid". Do **NOT** drink any dairy products, smoothies or anything containing artificial red dye.
  - **If you are a Diabetic**, take ½ your usual dose of insulin/diabetes medication while on this Clear Liquid diet.
  - **At 6:00 p.m.**, mix prep according to Package directions **and DRINK ½ OF YOUR PREP. Follow with TWO (2) 16-OZ glasses of water over the next 1 hour.**
- **DAY OF YOUR PROCEDURE 10/2/2017**
  - **5 HOURS PRIOR TO YOUR ARRIVAL TO THE FACILITY DRINK THE REMAINING ½ of the prep. Follow with TWO 16-OZ containers of water.**
  - **STOP DRINKING LIQUIDS 3 HOURS BEFORE YOU ARRIVE AT THE FACILITY OR THE PROCEDURE WILL BE CANCELLED AND RESCHEDULED. NOT EVEN A SIP!!!**
  - **IF YOU ARE A DIABETIC**
    - **Do NOT take insulin** or other diabetes medication the morning of the procedure. Please check your blood sugar the morning of the procedure and report it to the nurse.
  - **IF YOU ARE ON BLOOD PRESSURE OR HEART MEDICATION**
    - Take your blood pressure and/or heart medication as prescribed **4 HOURS BEFORE the procedure.**

**Following this prep instruction provides you the best colon exam possible.**