

TOOMAS M. SORRA, M.D., P.C.  
PEG-Lavage (COLYTE, etc) Split Dose Preparation for Colonoscopy

- **Fill PEG-Lavage Prescription at the pharmacy**
- **Five days before your exam, STOP taking preparations that contain IRON.**
- **If you are taking Aspirin, Plavix, Coumadin or other blood thinners, call our office for specific instructions.**
- **Two days before the exam, stop taking fiber, especially seeds, nuts and pulp.**
- **If diabetic, do not take your diabetes pills the day before and the day of the exam. If taking Insulin, use ½ (half) of the usual dosage the day before the exam and the day of the exam.**

**The day before the procedure:**

- **VERY IMPORTANT: Maintain a clear liquid diet the entire day-NO SOLID FOOD!**
- **Drink plenty of fluids-water, Gatorade, carbonated beverages, apple juice, fruit juices without pulp, clear soup, Jell-O, tea, coffee, sugar or artificial sweetener, lemon. NO MILK OR MILK PRODUCTS, NOTHING RED OR PURPLE IN COLOR. Nothing should contain seeds, nuts, fiber, or pulp.**
- **It is important that you drink plenty of liquids all day!**

**Beginning at 6 pm the evening before your colonoscopy, START DRINKING THE PEG-LAVAGE SOLUTION AND CONTINUE ACCORDING TO THE INSTRUCTIONS PROVIDED UNTIL YOU FINISH ONE HALF OF THE BOTTLE (2 LITERS).**

**On the day of the procedure:**

**Beginning at least 3 hours before leaving your house for your colonoscopy, START DRINKING THE 2nd HALF OF THE PEG-LAVAGE SOLUTION.**

- Continue to drink additional clear liquids of your choice in the morning.
- Stop all liquids 2 hours before the procedure.

- If you have any questions regarding these instructions, please call this office.
- **Special notice:** Persons are too often unprepared for colonoscopy, because they make a decision that the number of bowel movements from one dose is sufficient, and either do not take the second dose, or decide to take enemas instead. This is NOT acceptable.
- **The second dose on the day of colonoscopy is important in the cleaning process and must be taken.**
- Additional Instructions: