



United Family Healthcare
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Instructions for Colonoscopy Preparation Polyethylene Glycol Electrolytes (PEG) Powder x 3 packs

Please contact our office immediately if you have any of the following medical conditions and have not already discussed this with us:

- History of liver, kidney (dialysis), heart or lung disease
- Anticoagulation therapy (Coumadin or Heparin)
- Excessive bleeding during previous surgery or dental extraction
- Have diabetes

One Week Prior To Colonoscopy

1. Stop all Iron supplementation and vitamins that contain iron for 7 days prior to your colonoscopy.
2. If you are taking Aspirin (or aspirin-containing medication, Plavix (Clopidogrel), Coumadin (Warfarin), or any other blood-thinning medications, you should discuss with your doctor whether or not you should stop these medications for 7 days prior to your colonoscopy. If your specific medical condition allows, colonoscopy is safest if performed when you are not taking these medications.

One Day Prior To Colonoscopy

1. Have a regular breakfast. After breakfast, you should have a clear liquid diet. The liquids should not be red or purple in color. Clear liquids include water, coffee, tea, soda, Gatorade, broths, Jell-O, and popsicles. You cannot have any solid food during this time period. (If you are a diabetic, you may need to make some adjustments in your medications because of the reduced calories you will be eating, we routinely suggest taking a half dose of your usual diabetes medications and insulin on the day prior to colonoscopy. Please discuss any questions about insulin with your primary care doctor ahead of time.)
2. At approximately 6pm, open ONE pack of Polyethylene Glycol Electrolytes Powder and dissolve contents into water and make a one liter solution. (You should have THREE packs of PEG to follow this complete instructions.)
3. Start drinking the prepared solution. You should drink 8 ounces (240ml) of your prep every 15 minutes until the entire prep is gone. If you become nauseated during this process, wait 30 minutes and then try drinking again. Start the second liter with second pack of PEG if stools are still not clear.

**Your stools should become watery during this colon cleansing preparation. If your stools are not clear after completing the initial One to Two liters, at 6am on the day of your colonoscopy, please repeat the regimen as outlined above.*

IMPORTANT! PLEASE NOTE:

Do not exceed recommended dose unless directed by a physician. If there is no bowel movement after six hours, contact a physician, as dehydration and consequent serious side effects could occur. During bowel preparation you will lose significant amounts of fluid. This is normal. It is very important that you

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replace this fluid to prevent dehydration. Early symptoms of dehydration include feeling thirsty, dizziness, urinating less often than normal, or vomiting. Drink as much extra liquids as you can to help replace the fluids you are losing during bowel movements. Drinking large amounts of clear liquids also helps ensure that your bowel will be clean for the examination or procedure.

On The Day of Your Colonoscopy

- Take your blood pressure medication in the morning as usual with a small sip of water. Insulin or other diabetes medications should be adjusted on the day of your colonoscopy.
- If you are thirsty, you may drink a small quantity of water up to 8 ounces (240ml).
- If your colonoscopy is scheduled between 7:30 AM and Noon, you should have nothing to eat and drink after midnight the night before the procedure.
- If your colonoscopy is scheduled between Noon and 4:00 PM, you may have a clear water/juice in the morning before 9:00 AM.