

## PEG 3350: 2 Day Preparation (Constipation prep)

Procedure is scheduled with: \_\_\_\_\_

Date: \_\_\_\_\_ Arrival time: \_\_\_\_\_

Procedure time: \_\_\_\_\_ Procedure Location: \_\_\_\_\_

Cary: 919-783-4888 929 Kildaire Farm Road	Clayton: 919-341-3547 900 S. Lombard Street Suite 104	Raleigh: 919-783-4888 2601 Lake Drive Suite 201
Wake Forest: 919-439-3393 10540 Ligon Mill Road Suite 109	Wilson: 252-237-4100 2402 Camden St. SW Suite 300	Outpatient Hospitals: WakeMed: Cary Raleigh North REX Hospital: Raleigh

**You will be sedated for this procedure and you must have:**

**Adult driver, 18 years or older to bring you to your procedure**

**Adult driver must stay at the facility for the duration of the procedure**

**Adult driver must drive you home**

**If you take Phentermine it MUST be stopped 14 days prior to procedure**

**If you take Coumadin (Warfarin), Pradaxa, or any other blood thinner please call our office for specific instructions**

The facility has the right to delay or cancel your procedure in the event you do not have an adult with you to drive you home.

If you are unable to keep your appointment, please call our office as soon as possible to reschedule. We do reserve the right to charge for missed appointments or appointments cancelled less than 72 hours in advance.

**Diabetic Patients** If taking diabetic medication: Day before procedure: AM --Take your normal insulin and/or oral medications. PM --Take ½ of PM insulin dose, NO oral diabetic medication. Day of procedure: Do not take any diabetic medications until after the procedure.

**Asthma Patients:** If using an inhaler Bring inhaler with you on day of procedure CPAP or VPAP If you use either of these machines, you are required to bring it with you Revised

## **PEG 3350: 2 Day Preparation**

**1) Follow instructions outlined below. Please do not follow instructions found in the Peg 3350 kit received from the pharmacy.**

Bowel prep will include the following items sent to your pharmacy:

1-PEG 3350 Kit

2-Reglan tablets (generic name is Metoclopramide) or Zofran

8-Dulcolax tablets (generic name is Bisacodyl this can be purchased over the counter, no prescription required)

**2) 5 days prior:** Stop any iron supplements you are taking. Avoid sesame seeds and nuts

**3) 2 days prior:** Full liquid diet for all meals and snacks. (Ice-cream, creamed soups, milk, thinned grits etc.) At 4PM take 4 Dulcolax tablets.

**4) Day before procedure:** Drink clear liquids only for all snacks and meals. Clear liquid diet: coffee, tea, soft drinks, Jell-O, clear broth, popsicles, clear fruit juices, Gatorade, water, Snapple, powdered juices. Avoid red or purple liquids Force fluids all day prior to and after beginning the bowel prep to keep you hydrated No solid foods or milk products

**2:00 pm:** Take the 4 Dulcolax tablets. Open the prep kit and add water to the fill line on the container. Mix thoroughly until the powder is dissolved. Refrigerate.

**5:30pm:** Take the Reglan or Zofran tablet (this is optional). The prep may cause nausea. Taking the Reglan or Zofran in advance of the prep should help reduce the nausea.

**6:00 pm:** Drink 8 ounces of the prep solution every 15 minutes until you have completed **HALF** of the solution in the container. Return the remaining solution to the refrigerator.

Do not plan to go anywhere after you have started drinking the prep. The prep will cause diarrhea to cleanse your bowel for the procedure. ~Using baby wipes rather than toilet tissue to protect your rectum from irritation. DO NOT eat or drink anything after midnight other than the 2nd prep dose as instructed below

**4) Morning of procedure -- 2nd Dose:**

**Start so you are finished 4 hours prior to arrival time.** 30 minutes before starting 2nd dose take 1-Reglan or Zofran tablet. Drink 8 ounces of the solution every 15 minutes until gone. **Do not eat or drink anything after you have completed the prep.**