

Crozer Gastroenterology Associates
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INSTRUCTIONS FOR PEG BOWEL PREP

IMPORTANT:

The day before your procedure, you may have a clear liquid diet only!

STEP 1: 8:00 AM MIX SOLUTIONS

Add lukewarm water to top line on the bottle. Cap the bottle and shake to dissolve the powder. The mixed solution will be clear and colorless. Then put in the refrigerator so it can get cold.

STEP 2: 6:00 PM DRINK HALF OF THE SOLUTION (2 LITERS)

Drink 1 (8oz) glass every 15-20 minutes. Drink glass quickly rather than drinking small amounts continuously. A watery bowel movement should begin in approximately 1 hour. Be sure to drink 2 liters of the solution, or half of your gallon container. You will still have loose bowel movements after you finish drinking the solution, so make sure you are close to a bathroom.

STEP 3: 5 HOURS BEFORE YOUR TEST TIME (2 LITERS)

Be sure to finish the remaining solution within 1 hour. Do not drink anything after you have finished the solution.