

GALLON PREP INSTRUCTIONS

(polyethylene glycol 3350 and electrolytes oral solution)

DAY BEFORE YOUR EXAM:

Do not eat any solid food. Clear liquid diet **only*** and be sure to **hydrate throughout the day.**

*Clear Liquids CANNOT be Red, Purple, or Blue. NO Dairy products.

Dose 1 - 5pm the day before your exam.

Mix the bowel prep (**For best taste, the prep should be refrigerated for 1 hour. Start prepping your dose at 5pm and begin drinking your first dose at 6pm**)

- **Step 1:** At 5pm, Fill the provided container with lukewarm water up to the fill line. After capping the container, gently shake the container until all powder has dissolved.
- **Step 2:** Put the container in the refrigerator (Do not freeze. Use within 24 hours).
- **Step 3:** At **6pm**, retrieve the container from the fridge. Drink **HALF** of the container over the next 3 hours. Put remaining prep (½ container) in the refrigerator for tomorrow.
- **TIP:** Mark the container so you know when you've finished the first half.
- **Drink slowly whenever you feel comfortable, do not gulp or chug the solution.**

If nausea, bloating or abdominal cramping occurs during your prep, pause or slow the rate of drinking the solution and additional water or clear liquid until symptoms diminish

Dose 2 - Start 5 hours before your procedure arrival time*

*The facility will give you this time by 6pm the evening before your test.

- **Step 1:** Retrieve the container from the refrigerator, shake it back up until blended.
- **Step 2:** Drink the remaining solution over the next 3 hours. ***You must finish the entire prep at least 2 hours before your arrival time.**
- Your stool should be a clear yellow liquid. The colon must be cleared of all solid matter so that the doctor can see clearly. If your colon is not clean your exam may be canceled.
- **Stop ALL liquids 2 hours before your appointment arrival time.**
- The morning of your procedure, please take all of your normally scheduled prescription medications unless instructed otherwise by your provider.

If you have any questions regarding these instructions, contact Centers for Digestive Health
(219) 922-4900 Option (3)