



Your procedure has been scheduled for _____ at _____.
Our office will call you the day before your procedure with your arrival time. If you miss the call, please contact us directly @ 361-6126.

COLONOSCOPY PREP INSTRUCTIONS FOR THE DAY **BEFORE** YOUR PROCEDURE

GET THIS MEDICATION OVER-THE-COUNTER AT ANY DRUGSTORE:

Dulcolax laxative (NOT stool softener!)

9:00 A.M.-----Take 4 tablets of Dulcolax

1:00 P.M.----- Take 4 **MORE** tablets of Dulcolax

4:00 P.M.-----If you are **NOT** actively having bowel movements, you will need to take 4 **MORE** tablets of Dulcolax.

Please make sure you are drinking your clear liquids, **at least 30 ounces**, while taking the above medication.

*******NO SOLID FOOD DAY BEFORE PROCEDURE AS SOON AS YOU WAKE UP THAT A.M.!!!!CLEAR LIQUIDS ONLY!!!!*******

ONLY THESE CLEAR LIQUIDS ARE ALLOWED THE DAY BEFORE::
BLACK coffee (no creamer, milk, or dairy products), tea, clear fruit juices, ginger ale, Sprite, 7-Up, clear chicken broth, yellow or green jello or popsicles. NOTHING WITH RED FOOD COLORING. ABSOLUTELY NO SOLID FOODS!!! NOTHING AFTER MIDNIGHT.

You will need to stop your Aspirin / Plavix / Coumadin / Pradaxa / Effient /Other: _____ on _____. If you **DO NOT** do this, we will have to reschedule your surgery!!!!

For outpatient procedures, a RESPONSIBLE family member or friend will need to take you to your procedure at the hospital, stay the ENTIRE time during the procedure, and drive you home afterwards! A taxicab or rural transport is NOT acceptable!

I have read the above instructions and understand that if I do not follow the above instructions; my procedure will have to be rescheduled.

Signature: _____ Date: _____