

GLYCOLAX PREP

DAY OF PROCEDURE

Please arrive in the REGISTRATION area at _____

TIME _____

DATE _____

PHYSICIAN _____

PRIOR TO PROCEDURE:

YOU WILL NEED TO PURCHASE:

- GLYCOLAX 255g Powder (Prescription Required)
- 4 DULCOLAX (bisacodyl) LAXATIVE TABLETS (Available over the counter)
- 2 Bottles of 64 ounces of GATORADE (NO RED, BLUE OR PURPLE)
- Diaper Rash Cream-optional

MEDICATIONS: In general, all medications should be continued in routine dosage EXCEPT medications that will affect blood clotting. If you are on any sort of blood clotting medication, your physician should approve you stopping the medicine. The following are the drugs that will require some individualized instructions:

- Please stop **COUMADIN (Warfarin)** **4 days** prior to your procedure. Contact the physician that prescribes this medication for you for their approval before you stop.
- Please stop **PLAVIX (Clopidogrel)** **7 days** prior to your procedure. Contact the physician that prescribes this medication for you for their approval before you stop.
- Do not take any **ASPIRIN** or anti-inflammatory medications such as **ibuprofen (Advil, Motrin), naproxen (Aleve), celecoxib (Celebrex), valdecoxib (Bextra)** or other arthritis medications for **3 days** prior to your procedure. This is not mandatory –ask your physician if you have questions. Tylenol (acetaminophen) is permitted.
- If you are **DIABETIC**, do not take your oral diabetes medications the day of your procedure. Bring them with you so that you can take them after your procedure.
- If you are **DIABETIC** and you take **INSULIN**, take half of your evening dose the day before your procedure. **DO NOT TAKE ANY INSULIN THE MORNING OF YOUR PROCEDURE.**
- Please stop **IRON supplements (Ferrous Sulfate)** **7 days** before your procedure.
- Please ask for special instructions if you take **Heparin, Pletal (cilostazol), Ticlid (ticlopidine), Aggrenox (aspirin/dipyridamole)** any other medication that affects blood clotting.

1 DAY BEFORE PROCEDURE

STEP 1: Begin a clear liquid diet in the morning by drinking the 1st bottle of Gatorade (64 ounces).

CLEAR LIQUID DIET

Any Clear fruit juice, WITHOUT PULP, soft drinks, clear broth, (beef or chicken bouillon is fine), coffee, tea, Kool-aid, Gatorade, Jello, Gelatin, and regular Popsicles, any type of hard candy, but no soft centers or chocolate. No Milk or dairy products. NOTHING WITH RED, BLUE OR PURPLE COLORING.

- STEP 2:** Between 4-6 pm take **2 DULCOLAX (bisacodyl) LAXATIVE TABLETS** with water or Gatorade. Swallow whole-do not chew or crush. You should have a bowel movement within 1-2 hours. Diaper rash cream can be applied to your rectal area to decrease irritation.
- STEP 3:** Mix the entire container of **GLYCOLAX POWDER** into the 2nd Bottle of Gatorade (64 ounce)-it should completely dissolve. Chill in the refrigerator. Start drinking this liquid after you have a bowel movement or within 2 hours of taking the Dulcolax-whichever comes first. Drink 8 oz every 10 to 20 minutes over a period of 1-2 hours until you drink the entire container. If you get chills or feel bloated, slow down and drink some warm clear liquids.
- STEP 4:** **IF** you are passing clear bowel movements, you are finished. **IF** your bowel movements are not clear, take 2 more **DULCOLAX (bisacodyl) LAXATIVE TABLETS with water.**
- STEP 5:** Nothing to eat or drink after midnight except small sips of water with your morning medications. Exceptions are listed on page 1.

FINAL INSTRUCTIONS

- This exam is most successful if these instructions are followed exactly as stated.
- If you use a CPAP machine at night for sleep apnea, please bring this with you.
- Bring a list of your current medications (including dosages with you).
- Verify any questions about co-pays with your insurance.

****If you have to cancel your exam, please contact us at least 72 hours (3 business days) in advance as a courtesy to other patients and your physician. There is a \$75 charge if you do not give notice.*

PLEASE CALL ME DIRECTLY IF YOU HAVE ANY QUESTIONS AT 794-5602!!!!MICHELE

12/8/2009

<p>YOU WILL BE AT THE HOSPITAL or ENDOSCOPY CENTER FOR APPROXIMATELY 2-4 HOURS. YOU MUST HAVE SOMEONE AVAILABLE TO DRIVE YOU HOME.</p>
