

# Capital City Gastroenterology

DATE: \_\_\_\_\_

TIME: \_\_\_\_\_

PLACE: Baptist Medical Center East  
Endoscopy Center (rear of hospital)  
400 Taylor Road, Montgomery

## THREE-DAY PREPARATION FOR COLONOSCOPY

Three days before your procedure take four (4) *Dulcolax* tablets at 5 p.m. *Dulcolax* is an over-the-counter laxative.

Two days before your test, begin a clear liquid diet which consists of broth, water, juices (apple, orange, grapefruit, pineapple, and other clear juices), tea or coffee (without milk, cream or creamer added), soft drinks (Sprite and 7-up), Jell-o **BUT NO RED, GREEN, OR PURPLE JELL-O AND NO MILK PRODUCTS.**

At 2 p.m. two days before your procedure take 45 cc's (1½ ounces) of *Fleets Phospha Soda* (available over-the-counter) mixed with four (4) ounces of a clear liquid (as defined above). Follow with eight (8) ounces of clear liquid. Then at 5 p.m. repeat the 2 p.m. instructions. Late that evening drink a minimum of three (3) eight (8) ounce glasses of clear liquids.

On the day before your procedure continue the clear liquid diet. At 2 p.m. begin drinking the *Colyte* prep. Drink eight (8) ounces every 15 minutes until it is finished.

### **DO NOT HAVE ANYTHING BY MOUTH AFTER MIDNIGHT (you may drink water until midnight).**

- If you have: 1) a heart murmur, or 2) an artificial heart valve. Please ask your primary care physician or cardiologist if you should receive antibiotics before this procedure.
- If you have an **implanted defibrillator** or **pace-maker** please inform our office immediately.
- If you have diabetes mellitus and are taking insulin, please ask your primary care doctor to advise you on what dose of insulin to take before and after this procedure.
- If you are taking *Coumadin*, *aspirin* or other **blood thinners**, please ask your **primary care physician** to advise you regarding whether this medication should be discontinued before this procedure. Also, notify our office that you have been taking *Coumadin*. **You may take all medications except blood thinners and diuretics the morning of your procedure with only a sip of water.**
- If you are taking iron or multivitamins, you should discontinue these supplements 3 days prior to this procedure.

### **FAILURE TO NOTIFY THIS OFFICE OF ANY CONDITIONS THAT MAY REQUIRE ANTIBIOTICS BEFORE THIS PROCEDURE, MAY RESULT IN THE PROCEDURE BEING DELAYED OR CANCELED.**

Please go to the **Endoscopy Center (sign posted)** drive up entrance **at the rear of the hospital (not Outpatient Department)** at the time indicated above. **Do not enter the front of the hospital.** Once registered, have a seat in the waiting room until called for your procedure.

You will be given a minimal dose of sedative to relax you for the procedure (see information sheet). **\*\*\* IT IS ESSENTIAL THAT SOMEONE COME WITH YOU, REMAIN, AND DRIVE YOU HOME FOLLOWING THE PROCEDURE. \*\*\*** Wear comfortable clothing, and no jewelry. As requested by the hospital, bring only one person with you as there is limited seating in the waiting room.

If you have any questions concerning your preparation, please call our office.