

Purchase 4 Dulcolax (Bisacodyl) laxative tablets (non prescription) found in the laxative section of the pharmacy, 255 gm bottle of Glycolax (prescription given to you by our office) and 64 oz of Gatorade (at any grocery store).

Name: _____ Birth Date: _____
Procedure Date: _____ Time: _____ Place: _____ Report to Facility: _____

Day Before Examination: NO SOLID FOODS THE ENTIRE DAY BEFORE

1. Drink only FULL and CLEAR liquids until 6:00 PM. **FULL LIQUIDS ALLOWED:** Milk (plain and chocolate), plain milkshakes and ice cream (vanilla, chocolate, coffee), orange juice (pulp free), yogurt without fruit, cream soups without solids (cream of tomato is allowed), smooth pudding (no tapioca or rice), Slimfast, Ensure, or similar products.

CLEAR LIQUIDS ALLOWED: Black coffee or tea, water, clear fruit juices like apple, white grape, white cranberry, flavored Jell-O without fruit, broth/bouillon, Hi-C, Kool-Aid, ice pops, Italian ice, Gatorade or any soda (diet or non-diet). Please avoid drinking liquids that are red or purple in color. Green, yellow, blue, and orange colors are acceptable. **NO ALCOHOLIC BEVERAGES.**

*****IT IS IMPORTANT THAT YOU DRINK PLENTY OF, AND A VARIETY OF, LIQUIDS THROUGHOUT THE DAY TO PREVENT DEHYDRATION. Minimum of 1 gallon*****

- 2. At 2:00 PM take the 4 Dulcolax (or Bisacodyl) tablets. Bowel movements will occur within 1-6 hours.
- 3. At 5:00 PM mix the entire 255 gm bottle of Glycolax in the 64 oz of Gatorade (**any color but purple or red**). Shake the solution until the prep is completely dissolved.
- 4. Immediately start drinking an 8 oz glass of the prep mixture every 10-15 minutes until the solution is gone. After completing the prep, you may resume drinking **clear liquids only** until bedtime. Eventually stool will be a yellow-clear liquid.
- 5. Your medication instructions are:
 - _____ Take all your medication as usual (including blood pressure and cardiac)
 - _____ No aspirin or aspirin-containing products for _____ days prior to test. Tylenol (acetaminophen) is acceptable.
 - _____ No Coumadin (warfarin) for _____ days prior to test
 - _____ No iron or iron-containing medication for _____ days prior to test
 - _____ No NSAIDS (non-steroidal anti-inflammatory drugs) such as Aleve (Naproxyn), Ibuprofen (Motrin), Advil, or similar meds _____ days prior to test
 - _____ Special diabetic medication instructions: _____
 - _____ Other instructions: _____

Day of Examination:

- 1. You may have clear liquids (as listed above) until six (6) hours before your procedure, then nothing by mouth.
- 2. The AM medications that you are allowed to take should be taken as close to your usual time as possible, but at least 2 (two) hours before your procedure, and with just a sip of water.

ON THE DAY OF YOUR PROCEDURE SOMEONE MUST DRIVE YOU HOME FROM THE OFFICE, HOSPITAL, OR OUTPATIENT FACILITY. YOU MAY NOT DRIVE A MOTOR VEHICLE, OPERATE ANY EQUIPMENT, OR RETURN TO WORK UNTIL THE FOLLOWING DAY.

PLEASE BE AWARE THAT ANY VALUABLES YOU CHOOSE TO BRING WITH YOU TO YOUR EXAM WILL BE THE RESPONSIBILITY OF THE PATIENT AND/OR THE DRIVER. YOU MAY BRING READING GLASSES TO READ AND SIGN PREPROCEDURE FORMS. **RGAL/MAGIC IS NOT RESPONSIBLE FOR YOUR VALUABLES.** Photo ID is required at time of check in for patient verification purposes.

Please phone RGAL if you have any questions and notify our office within 72 business hours if you need to reschedule or cancel your procedure (717-544-3400). Failure to cancel your procedure within 72 business hours will result in an additional charge as well as a charge for any non-cancelable ancillary services.

