

CENTER FOR DIGESTIVE HEALTH

Gastroenterology Associates, P.C.

2222 53rd Avenue, Bettendorf, IA 52722 (563) 383-2686

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Day _____
Date _____
Arrival Time _____
Procedure Time _____

Routine Two Day Colon Prep

Special instructions:

One (1) WEEK before your exam:

- No popcorn, flax seed, or Olestra (fat substitute found in foods like potato chips) 1 week prior to your procedure.
- NO IRON within 3 days to your procedure. Example: no Multi-vitamin or iron supplement.
- If you tend to be constipated, take two tablespoons of Milk of Magnesia two days prior to your procedure.

Two (2) DAYS before your exam:

Date/Time: _____

- **No solid foods are allowed!** You will need to be on a CLEAR LIQUID DIET (see Clear Diet on back of this sheet).

Prep instructions:

- **6:00 PM** Drink one bottle of Magnesium Citrate (non-red in color).

One (1) DAY before your exam:

Date/Time: _____

- **No solid foods are allowed!** You may have only clear liquids.
- Drink 8 oz of liquid every 1 to 2 hours when on the clear liquid diet while awake. This will help maintain hydration. If you have **heart failure, cirrhosis, or kidney failure and you are on dialysis**, drink only 4 oz. of liquid every 2 hours when awake while on clear liquid diet the day before the procedure.

Prep instructions:

- **3:00 PM** Take three (3) **Bisacodyl (Ducolax)** tablets
- **6:00 PM** Drink one bottle of Magnesium Citrate (non-red in color).

PLEASE CALL IF YOU ARE HAVE QUESTIONS, CONCERNS OR PROBLEMS
WITH THE PREPARATION OR INSTRUCTIONS

(563) 383-2686

TURN PAGE OVER FOR INSTRUCTIONS THE DAY OF YOUR EXAM

YOU MUST BE ACCOMPANIED BY A DRIVER WHO REMAINS AT THE CENTER FOR
DIGESTIVE HEALTH DURING YOUR THE PROCEDURE

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Day of your exam:

Date/Time: _____

- Your medications, other than those that have been specifically held by your doctor, can be taken in the morning with a small sip of water.
- Please use the Center for Digestive Health Entrance and Registration Desk on arrival.
- You must be accompanied by a driver who remains during the procedure.
- Do not eat or drink anything **after 12:01AM** the day OF your procedure except for what is approved in the following instructions.

In addition, if you are having an afternoon procedure:

A **clear liquid** breakfast is **REQUIRED** by _____ on _____ then nothing by mouth. Remember, it is important you do not eat or drink anything at least **six hours prior** to your procedure otherwise it will need to be rescheduled.

Common questions:

- Bowel movements often occur about one hour after the first glass. They will continue periodically for approximately 1-2 hours after you finish drinking the last glass.
- A feeling of bloating or nausea may occur due to the large volume of liquid; this is usually temporary and will disappear once bowel movements begin.
- A small amount of Vaseline applied to the rectal area may help relieve any discomfort
- For morning procedures, on the day of the procedure if you are thirsty, drink only a few ounces of water **up to six hours prior** to your procedure time.
- Color of the stool should be yellow or clear and liquid. (Mountain Dew color is common.)

CLEAR LIQUID DIET
DO NOT DRINK ANYTHING RED OR PURPLE

CAN HAVE		CANNOT HAVE
Apple Juice	Gatorade	Milk or Milk Products
Tang	Popsicles	Orange Juice with Pulp
HI-C Fruit Juice	Pop (diet or regular)	Tomato Juice
Coffee	Water	Prune Juice
Broth or Bouillon	Tea	Alcohol
Plain Jell-O (no fruit or sugar free)		

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