

Patient Name: \_\_\_\_\_


Patient DOB: \_\_\_\_\_

Location: \_\_\_\_\_

- JAMES D. TOROSIS, M.D.**
- VICKY W. YANG, M.D.**
- DANIEL S. RENGSTORFF, M.D.**
- CYNTHIA W. LEUNG, M.D.**

### Colonoscopy 2 Dulcolax/PEG Split Preparation Instructions

Appointment Date: \_\_\_\_\_ Check-in Time: \_\_\_\_\_ Procedure Time: \_\_\_\_\_

7 Days Prior	5 Days Prior	3 Days Prior	2 Days Prior	1 Day Prior	Procedure Day
<p><b>Arrange a ride.</b> You must have an escort drive you home or the procedure will be cancelled. Taxi, Uber, and public/county transportation are not allowed.</p> <p>Just a reminder: On your procedure day you will not be able to work, drive, operate equipment, sign any important papers, drink alcohol or take sedatives for the remainder of that day.</p> <p>Stop eating <b>seeds and nuts.</b></p> <p>Throughout this prep you should continue taking all your normally prescribed medications unless otherwise instructed.</p>	<p><b>Check with your insurance company for:</b></p> <ul style="list-style-type: none"> <li>✓ Copay</li> <li>✓ Deductible</li> </ul> <p>Confirm your ride</p>  <p><b>If you are taking any blood thinners**</b> (Coumadin, Plavix, xarelto, pradaxa, effient or similar) please check with your doctor when you should stop this medication, also see below</p> <p style="text-align: center;">↓</p>	<p>Pick up your prescribed prep at the pharmacy if you have not already done so.</p> <p>You may take Tylenol (acetaminophen) or continue a daily aspirin (if you have heart disease, history of stroke, etc).</p> <p><b>Stop taking anti-inflammatory medications (such as ibuprofen, Advil, Motrin, Aleve, etc)</b></p> <p>Consider buying personal hygiene wipes or hemorrhoid cream to prevent a sore bottom</p>	<p>Drink at least 6 glasses of water throughout the day.</p> <p>From this day on, avoid obviously greasy, oily or fried foods</p> <p>Mix up the laxative solution (<b>golytely, colyte, trilyte, nulyte etc</b>) with water and place in refrigerator to keep cold.</p>	<p>Start "<b>Clear Liquid Diet</b>" today. (If you can clearly see your fingers through a glass of the drink, it's a clear liquid!) Clear liquids include clear juice, tea, Jello, broth, coffee without cream. Avoid red or purple colors please!</p> <p><b>At 12 Noon:</b> <b>Take 2 dulcolax pills</b></p> <p><b>At _____: Drink 2 liters of laxative solution over 2 hours. Store remaining solution in the refrigerator to keep chilled.</b></p> <p>If you become nauseated or vomit while drinking the prep, take a break and resume drinking prep when symptoms subside. You can also try sucking on a wedge of lemon or lime to help. If you are unable to keep any of the prep down please call:</p> <p style="text-align: center;"><b>650-365-3700</b></p>	<p>Take your regular medications unless instructed otherwise. <b>4 hours before your procedure drink 1 additional liter of laxative solution.</b></p> <p>Continue to drink clear liquids until 2 hours pre-procedure.</p> <p><b>*** NOTHING by mouth for 2 HOURS BEFORE PROCEDURE or your procedure will be cancelled ***</b></p> <p>Be sure to bring: Insurance card and Co-pay</p> <p>Leave money &amp; valuables at home!</p> <p><b>**Please note the Atherton Endoscopy Center is at 3351 El Camino Real, #220, Atherton CA</b></p> <p><b>Please call 650-363-2800 the day of exam if you are having troubles getting to the center.</b></p>

**\*\* - Please stop your \_\_\_\_\_ on \_\_\_\_\_.**

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