

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 4 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>Arrange a ride. 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 seeds and nuts.</p> <p>Throughout this prep you should continue taking all your normally prescribed medications unless you have been otherwise instructed.</p>	<p>Check with your insurance company for:</p> <ul style="list-style-type: none"> ✓ Copay ✓ Deductible <p>Confirm your ride</p>  <p>If you are taking any blood thinners** (Coumadin, Plavix, xarelto, pradaxa, effient or similar) please check with your doctor when you should stop this medication, also see below</p> 	<p>Pick up your prescribed prep at the pharmacy if you have not already done so.</p> <p>Consider buying personal hygiene wipes or hemorrhoid cream to prevent a sore bottom</p> <p>You may take Tylenol (acetaminophen) or continue a daily aspirin (if you have heart disease, history of stroke, etc).</p> <p>Stop taking anti-inflammatory medications (such as ibuprofen, Advil, Motrin, Aleve, etc)</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 (golytely, colyte, trilyte, nulyte etc) with water and place in refrigerator to keep cold.</p>	<p>Start "Clear Liquid Diet" 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>At 12 Noon: Take 2 dulcolax pills with 8 ounces of water</p> <p>At 3PM: Take 2 dulcolax pills with 8 ounces of water</p> <p>At _____: Drink 3 liters (3/4) of laxative solution over 3 hours. Store remaining solution in the refrigerator to keep chilled.</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: 650-365-3700</p>	<p>Take your regular medications unless instructed otherwise.</p> <p>4 hours before your procedure drink final liter of laxative solution.</p> <p>Continue to drink clear liquids until 2 hours pre-procedure. Then nothing by mouth.</p> <p>*** NOTHING by mouth for 2 HOURS BEFORE PROCEDURE or your procedure will be cancelled ***</p> <p>Be sure to bring: Insurance card</p> <p>Leave money & valuables at home!</p> <p>**Please note the Atherton Endoscopy Center is at 3351 El Camino Real, #220, Atherton CA</p> <p>Please call 650-363-2800 the day of exam if you are having troubles getting to the center</p>

**** - Please stop your _____ on _____.**

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