

Patient: _____ Date of Procedure: _____

Procedure: _____ Arrival time: _____
(will call day before with exact time)

Place: The Center for Digestive Wellness, 10461 Wallace Alley St., Kingsport, TN 37663 (**Near Airport**)

IF YOU HAVE NOT HEARD FROM US

by 2:00 p.m. the day before your procedure, please call our office for your arrival time.

5 Days Before Procedure: _____
Date

1. Do not take Metamucil, Peridium, Citrucel, or any other bulk laxative.
2. Do not take iron pills or iron preparations (including multivitamins with iron).
3. Do not take aspirin, ibuprofen, Advil, Aleve, or arthritis medications.
4. You may use Tylenol and extra strength Tylenol.
5. Do not take any blood thinners, such as Coumadin, Warfarin, or aspirin, unless advised.
6. You may take all other medicines unless otherwise advised by Dr. Fenyves or Dr. Fry or our Nurse Practitioner.

PLEASE NOTE that during your prep, you may experience some rectal irritation which can be decreased by applying ***petroleum jelly (Vaseline)*** to your rectum before and after bowel movements, along with the use of adult wet wipes.

Day Before Procedure: _____

Date

1. You may have clear liquids all day. Examples: water, coffee (without milk), tea, carbonated beverages, apple juice, white grape juice, Jell-O, fruit flavored and powdered drinks, clear broth, bouillon, hard candy and Popsicles. **AVOID RED DYES.**
NOTE: Drink 8 oz. clear liquid every hour.
 2. If you are a **DIABETIC**, only take half of your normal insulin or oral diabetic medication
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3. You will be given a prescription for GoLyteLy or NuLyteLy to be filled at your pharmacy. Follow instructions on label for mixing solution.
 4. 11:00 a.m.—Begin drinking GoLyteLy or NuLyteLy (drink only ½ to ¾ of container). **DO NOT** follow instructions on the label for drinking the solution. Drink 2–3 liters (approximately 2–3 quarts) slowly over a 4–6 hour period.
 5. 3:00 p.m.—take 4 Dulcolax tablets with 8 ounces of water (these can be purchased over the counter at your pharmacy).
 6. 7:00 p.m.—If you have not had at least eight (8) bowel movements, take a 10 oz. bottle of ***Magnesium Citrate*** (no prescription required – may purchase at pharmacy). All the NuLyteLy or GoLyteLy should be gone.
***NOTE TO HEART/KIDNEY FAILURE PATIENTS:**
Use **Miralax** in clear liquids instead of Magnesium Citrate.
 7. 9:00 p.m.—If you have not had a total of fifteen (15) bowel movements since 11:00 a.m., take another 10 oz. bottle of ***Magnesium Citrate**. *See note to Heart/Kidney failure patients above.
 8. Notify the office if you develop a severe cold, fever, or other severe illness.

IF YOU ARE SEEING ANY STOOL OR ANY CLOUDY MATERIAL IN THE TOILET

you can use as many ***Magnesium Citrate** bottles as needed. It is important that you are thoroughly cleaned out in order for your physician to get a good look at your colon.

Day of Procedure: _____

Date

1. You may drink clear liquids up to 3 hours before your procedure. **DO NOT EAT.**
2. If you are taking heart, seizure, or anxiety medications, please be sure to take them before your procedure. Bring all medicine bottles with you, including diabetic medications and inhalers.
3. Do not take oral diabetic medications or insulin on the morning of your procedure.
4. You will be administered IV sedation. Please come accompanied by a responsible driver who can drive you home. You will not be allowed to take public transportation or to drive your own car. You should not drive a car, operate machinery, or ingest alcohol for at least 8 hours.
5. Please refrain from smoking and do not wear lipstick or jewelry the day of your procedure.
6. You may bring slippers or footies for your comfort.
7. We anticipate your stay with us to be 2 to 4 hours. If you are scheduled at the hospital, it could be significantly longer.

The hard part is over once you see us!