

# CENTER FOR DIGESTIVE HEALTH

Gastroenterology Associates, P.C.

2222 53<sup>rd</sup> Avenue, Bettendorf, IA 52722 (563) 383-2686

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Day \_\_\_\_\_

Date \_\_\_\_\_

Arrival Time \_\_\_\_\_

Procedure Time \_\_\_\_\_

## Routine Two Day Colon Prep

### Special instructions:

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#### 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

**CENTER FOR DIGESTIVE HEALTH**  
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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**

| <b>CAN HAVE</b>                       |                       | <b>CANNOT HAVE</b>     |
|---------------------------------------|-----------------------|------------------------|
| 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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