



**Athens Digestive Healthcare Associates**  
**1360 Caduceus Way**  
**Building 300**  
**Watkinsville, GA 30677**  
**Phone: (706) 850-4985 Fax: (706) 850-4989**

Day Before the Procedure: \_\_\_\_\_

1. Clear liquid diet all day:

Examples: Black coffee, tea, soft drinks, apple juice, Gatorade, broth (chicken, beef, or vegetable), jell-o, popsicles, and hard candy

**\*\*NO SOLID FOODS, NOTHING RED IN COLOR, AND NO MILK OR MILK PRODUCTS\*\***

2. At 10:00am or you can do earlier- Mix flavor packet, powder and water in the container, place in the refrigerator so the solution can get cold.

3. At 2:00pm- Take Bisacodyl Tablet (1 tablet) that comes with the kit.

4. At 4:00pm- Start drinking the liquid; Drink one glass (8oz) every 15-20 minutes until the liquid is gone.

Your bowel movements should start to be clear in color, if not give it a little more time.

**5. NOTHING TO EAT OR DRINK AFTER MIDNIGHT!**

Day of the Procedure: \_\_\_\_\_

1. Do not eat or drink anything, not even water. You may brush your teeth.

2. Special Instructions for routine medications are as follows:

Heart Medication: Take with a sip of water only.

Blood Pressure Medication: Take with a sip of water only.

Insulin: Hold morning of procedure.

Oral Diabetic Medication: Hold morning of procedure.

Blood Thinner: Ok to continue.

Aspirin or Aspirin like products (Advil, Motrin, and Ibuprofen): Ok to continue.

Iron Preparations: Ok to continue.

Vitamin E: Ok to continue

3. If you are Diabetic, please check your blood sugar prior to coming to the office for your procedure.

Report to: \_\_\_\_\_

Arrival Time: \_\_\_\_\_ Day: \_\_\_\_\_ Date: \_\_\_\_\_

**YOU MUST HAVE A DRIVER FOR YOUR PROCEDURE!!**

If you have any questions, please contact our office.