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COLONOSCOPY INSTRUCTIONS: VISICOL PREPARATION

You have an appointment for a colonoscopy on _____ at _____.

One week before your appointment:

- Fill a prescription for Visicol tablets and three Dulcolax oral tablets at your pharmacy.
- If you take aspirin, coumadin, Plavix, other blood thinners, or anti-inflammatory medications, call the office to discuss this. Most patients will be asked to stop these medications.
- If you have a heart murmur or artificial heart valve, please call the office to discuss this. If antibiotics are needed, we will administer them at the time of the procedure.
- If you have a bleeding disorder or type I diabetes, please call the office to discuss this condition.
- Do not take iron for one week before the colonoscopy.

On the day before your colonoscopy:

- You may have a normal light breakfast, but no raw fruit or vegetables.
- You may take all your regular medications, except iron, anti-diarrhea medicines, and aspirin or blood-thinners (unless specifically told to by the doctor).
- Starting at lunch, you may only have a liquid diet, including water, juice, coffee, tea, soda, clear soup, jello, and Gatorade. Yogurt and ice cream are also allowed. Continue to drink liquids throughout the day.
- At 6 PM, take 4 Visicol tablets every 15 minutes with a large glass of water, ginger ale, or Gatorade, for a total of **20** tablets.
- At 9 PM, take three Dulcolax tablets

On the day of your colonoscopy:

- Do not have anything to eat or drink except your regular medicines, with a little water. If you are diabetic, do not take oral diabetes medicines.
- Three or four hours before your colonoscopy, take four Visicol tablets with a large glass of water, ginger ale, or Gatorade every fifteen minutes, for a total of **12** tablets.
- **Make sure you bring someone with you to the procedure, as it is likely that you will receive sedating medications and will need an escort home for your safety.**

If you need to cancel or reschedule your procedure, please call the office at (212) 535-4500. Please make sure that you have any necessary referrals or your procedure may be cancelled.