

**DIGESTIVE DISEASES SPECIALISTS, P.C.**  
**616-942-6230**  
**STANDARD PREFERRED BOWEL PREPARATION FOR COLONOSCOPY**

7 days prior Please call our office if you are on diabetic medications such as Ozempic, Wegovy, Rybelsus or Mounjaro.

5 days prior **CALL OUR OFFICE IF YOU TAKE COUMADIN** or other blood thinners, such as; Plavix, Effient, Xarelto, Pradaxa, Eliquis, Brilinta, etc.

2 days prior At 4:00 pm, take 2 Dulcolax(an over the counter laxative) tablets by mouth  
At 7:00 pm, take 2 more Dulcolax tablets.

1 day prior **CLEAR LIQUIDS** only in the 24 hours prior to the procedure. Clear liquids may include the following: tea, Sprite, apple or white grape juice, chicken broth, Jell-O, or popsicles, A cup of coffee is permitted.

At 12 noon, take 2 Dulcolax (an over the counter laxative) tablets by mouth  
At 2:00 pm, take 2 more Dulcolax tablets.

We would like you to have a “split dose” prep, please see instructions below:  
Note you may mix the prep with Gatorade instead of water if preferred.

**If you have an morning appointment:** Start by drinking ½ the bottle of NuLYTELY/GoLYTELY/TriLyte/Gavilyte G/Gavilyte between 1:00 and 4:00 pm. Then drink the other ½ of the bottle in the 6 hours before the test. Depending on your actual test time, you may have to get up in the middle of the night.

**If you have an afternoon appointment:** Start by drinking ½ the bottle of NuLYTELY/GoLYTELY/TriLyte, Gavilyte G/Gavilyte, between 5:00 and 8:00 pm. Then drink the other ½ of the bottle between 7:00 and 10:00 am the morning of the test.

**MAKE SURE TO FINISH PREP ON THE DAY OF THE TEST. NOT THE NIGHT BEFORE!!!!**

**DO NOT FOLLOW DIRECTIONS ON THE JUG!!!**

***NOTHING*** by mouth for three hours prior to the procedure.

Day of: Regarding medication the day of procedure:

If you are diabetic **DO NOT** take insulin/diabetes tablets within 24 hours to your Procedure.

If you take blood pressure medication **DO** take it with a small glass of water on the morning of the test.

**DO NOT COME ALONE** someone must drive you and stay with you to receive results and drive you home. Someone should also remain with you for the rest of the day.

A colonoscopy is an extremely valuable tool to help prevent colon cancer, but IT IS NOT PRRFECT. Complications can occur. Please call if you have any questions. If you do not receive a call from our office or the hospital within 3 days prior to your procedure please call our office to confirm.

DATE: \_\_\_\_\_ TIME \_\_\_\_\_ LOCATION: \_\_\_\_\_