

VISICOL Instructions for Colonoscopy Prep
Robert W. Herring, Jr., M.D.

Patient Name: _____

Exam Date: _____ Time: _____ Location: _____

**WE CANNOT GUARANTEE THE AMOUNT OF TIME YOU WILL BE IN OUR FACILITY.
PLEASE ASSUME THAT IT WILL BE MOST OF THE DAY.**

1. Please bring a list of all medications with correct/current dosages.
2. Any regular medication, especially heart, lung, seizure, or blood pressure medication **SHOULD BE TAKEN THE DAY OF THE TEST.**
3. Remove all nail polish. Remove artificial nails, if possible.
4. You will not be able to drive/operate machinery until the next day because you will be legally intoxicated (drunk) after the procedure.
5. **Peritoneal dialysis patients:** Drain all dialysis fluid prior to arriving.
6. If you wear dentures, please do not glue them in.
7. If you have sleep apnea, please bring your CPAP machine.

Bring 1 or 2 people **only** (due to limited space) with you the day of the test. Your memory will be affected by the medication we give you. Therefore, it is best to bring a relative or good friend to drive you home. Due to time constraints, Dr. Herring will only tell the results of the test to the person who is in the waiting room when called. Family/friends who choose to leave a phone number for patient pick-up will receive results from the nurse and they will be written down.

The medications you need are:

1. Six (6) Dulcolax tablets
2. Forty (40) Visicol tablets
3. Four (4) simethicone tablets

7 days before your test. Date: _____

- a. Do not take any aspirin products or iron supplements. You may take Tylenol.
- b. Stop eating any raw vegetables.

1 day before your test. Date: _____

- a. Stay on a clear liquid diet all day. You should be able to see through a glass of clear liquid. Examples are: water, tea, carbonated sodas, coffee, clear bouillon, consommé, apple juice, Gatorade, Jello, or Kool-Aid. Low fat milk is okay. Drink as much fluid as possible unless you are on dialysis, in which case drink your normal amount. The best fluid to drink is Gatorade, which prevents dehydration. You may also eat sherbet or yogurt. Be sure nothing you eat is red or orange as this interferes with the test.
- b. The evening before the colonoscopy procedure (at approximately 4:00 p.m.), three (3) Visicol tablets should be taken with at least eight (8) ounces of clear liquids, preferable Gatorade, every 15 minutes (the last dose will be two (2) tablets) for a total of twenty (20) tablets.
- c. Take the six (6) orange Dulcolax tablets at bedtime (at approximately 8:00 p.m.).
- d. Chew two (2) simethicone tablets after the Dulcolax.

The Day of the Test. Date: _____

- a. The day of the colonoscopy procedure (starting 3-5 hours before the procedure) TIME: _____ take three (3) Visicol tablets should be taken with at least eight (8) ounces of clear liquids, preferable Gatorade, every 15 minutes (the last dose will be two (2) tablets for a total of twenty (20) tablets.
- b. Chew two (2) simethicone tablets.
- c. **If you are a diabetic:** Do not take any regular insulin. Take one-half (1/2) of other types of insulin. Do not take any diabetes pills that lower blood sugar.
- d. Finish the prep but **do not drink any extra liquids or eat any food the day of your test.**

Please call and leave a message for the nurse at 615-832-5530 Monday through Friday, 8:00 a.m. to 5:00 p.m., if the following applies to you:

1. You have heart valve disease or an artificial heart valve or have had rheumatic fever with heart damage.
2. If you are on any blood thinners: For example, Toradol, Heparin, Warfarin, Coumadin, Panwarfin, antithrombin-K, Anisindione, Miradon, dihydroergotamine mesylate, DHE, dipyridamole, Persantine, Agrylin (Anagrelide), Plavix (Clopidogrel), Pletal (Cilostazol), Ticlid (Ticlopidine Hydrochloride), or Trental (Pentoxifylline).
3. If you have any questions.

** Calls are generally returned in the evening unless it is an emergency situation. **