

# Visicol Bowel Prep

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## Purchase:

1. VISICOL tablets (28) (prescription only)
2. DULCOLAX tablets (4)
3. gingerale (12 oz)

## The DAY BEFORE your surgery:

- You may drink ONLY clear liquids.
- Examples of clear liquids: Water, clear fruit juices such as apple or white grape, chicken or beef bouillion, jello, clear Gatorade, clear soft drinks, coffee without cream.
- NO MILK OR MILK PRODUCTS. NO RED JELLO OR JUICES.
- **4 PM:** Take 4 VISICOL tablets every 15 minutes with at least 8 ounces of any clear liquid for a total of 20 tablets. Take the last dose with 12 ounces of ginger ale (diet or regular).
- **8 PM:** Take 4 VISICOL tablets every 15 minutes with at least 8 ounces of clear liquid until 8 tablets have been taken.
- **At bedtime:** Take 4 DULCOLAX tablets with 8 ounces of any clear liquid.
- Nothing to eat or drink after midnight.

## The DAY OF your surgery:

- You may take any necessary medications with a sip of water.
- No aspirin, aspirin by-products or plavix for 1 week prior to your colonoscopy. No coumadin for 5 days or check with your physician who orders the coumadin. Call 615.284.4664 if you have any questions.

## REMEMBER:

The preparation is very important. An adequate clean out reduces risks of injury to your intestines and reduces risk of infection. During the prep, using baby wipes may ease some of your discomfort.

### Questions?

Contact the Center for Pelvic Health  
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Center for  
Pelvic Health

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