



**The Austin Diagnostic Clinic  
Gastroenterology Specialists**  
North and South Austin offices  
512/901-4007 • [adclinic.com](http://adclinic.com)

**Your Doctor: Todd Sheer, M.D.**  
**Your procedure is scheduled at:**  
ADC Lakewood: 7600A Capital of Texas Highway  
(Loop 360), Building A, Austin, Texas 78731

**Preparation Instructions:**

Colonoscopy with  
Golytely Prep

Prep-Start Date: \_\_\_\_\_  
Arrival Time: \_\_\_\_\_

Procedure Date: \_\_\_\_\_  
Procedure Time: \_\_\_\_\_

**Preparation Instructions:**

You are scheduled for a colonoscopy, a procedure in which a doctor examines the lining of your large intestine by looking through a flexible tube called a colonoscope. If growths or other abnormalities are found during the procedure, the doctor may remove the abnormal tissue for closer examination or biopsy. **If this is a screening colonoscopy and a polyp is removed or other abnormalities revealed, YOUR CO-PAY WILL CHANGE.** Contact your insurance company to see what your out of pocket expenses will be.

Please remember to arrange for a responsible adult to stay with you during your procedure and drive you home. If you do not have a responsible adult your procedure will be cancelled and rescheduled. Please review the preparation schedule below for the days preceding your colonoscopy. Should you need further assistance please call Dr. Sheer’s office at 512-901-4715.

1 Week Prior	1 Day Prior	Procedure Day
<ul style="list-style-type: none"> <li>✓ Pick up Golytely prescription from your pharmacy.</li> <li>✓ Purchase Dulcolax laxative tablets.</li> </ul> <p><u>Optional - for sore bottom:</u></p> <ul style="list-style-type: none"> <li>- Plain or Aloe Baby Wipes</li> <li>- Desitin or A&amp;D ointment</li> </ul> <ul style="list-style-type: none"> <li>▶ Arrange for a responsible adult to stay with you during the procedure and take you home post procedure.</li> <li>▶ If you take fiber supplements or medications containing iron discontinue those <b>7 days</b> before your appointment. This includes multivitamins with iron.</li> <li>▶ Do not take oral hypoglycemics the night before and morning of procedure. (Actos, Metformin, Glyburide, Januvia, Glipizide)</li> <li>▶ If you are on insulin, half the dosage the night before the procedure.</li> <li>▶ <u>Stop taking these meds:</u> Advil, Ibuprofen, Aleve</li> </ul> <p>Plavix or Coumadin (if okay with cardiologist).</p> <p>Tylenol is okay to take.</p>	<ul style="list-style-type: none"> <li>▶ <b>Begin clear liquid diet.</b> Includes: Water, broth, coffee or tea without milk or creamer, Gatorade, soft drinks, juices (no pulp), Jell-O. No dairy. <b>Do not drink anything red, purple or blue.</b></li> </ul> <p>Drink at least 8 large glasses of water throughout the day.</p> <ul style="list-style-type: none"> <li>➤ Mix solution and place in refrigerator if desired.</li> <li>➤ <b>8:00am</b> : Take two 5mg Dulcolax tablets.</li> <li>➤ <b>4pm-8pm:</b> Drink three (3) liters of the solution. Drink an 8 oz glass of solution every 15 minutes.</li> </ul> <p><b>If you experience nausea or vomiting take a 15-30 minute break, then continue drinking prep solution.</b></p> <p><b><u>Nothing to eat or drink after midnight (except AM portion of the prep)!</u></b></p> <p><b>Scheduling Information:</b> 512/901-4496</p> <p><b>Clinical Information:</b> 512/901-4715</p>	<p><b>Your test is scheduled in the afternoon:</b></p> <ul style="list-style-type: none"> <li>➤ <b>6am-7am:</b> Drink the remaining one (1) Liter of solution. Drink an 8 oz glass of solution every 15 minutes until the solution is finished.</li> </ul> <p><b>If you experience nausea or vomiting take a 15-30 minute break, then continue drinking prep solution.</b></p> <ul style="list-style-type: none"> <li>▶ You may take your essential morning medications with a few small sips of water, unless otherwise directed by your doctor.</li> <li>▶ <b>Be sure to bring the following:</b> <ul style="list-style-type: none"> <li>✓ Responsible adult driver to stay with you and drive you home</li> <li>✓ Insurance Cards</li> <li>✓ Any co insurance fees due</li> <li>✓ Driver’s License</li> <li>✓ Medical Directive</li> </ul> </li> </ul> <p><b>NOTE: There will be a \$75 charge if you cancel your procedure within 3 business days of your scheduled date.</b></p>