



## **Advanced Pediatrics Gastroenterology, PC**

**Sanjeev Khurana, MD, FAAP**

604 W Warner Rd, Ste D4

Chandler, AZ 85225

### **DAY OF PROCEDURE :**

Please arrive in the REGISTRATION area at CHANDLER REGIONAL HOSPITAL

TIME \_\_\_\_\_

DATE \_\_\_\_\_

PHYSICIAN DR SANJEEV KHURANA, MD, FAAP

### **PRIOR TO PROCEDURE:**

#### **YOU WILL NEED TO PURCHASE:**

- GLYCOLAX 255g Powder (Prescription Required)
- 4 DULCOLAX (bisacodyl) LAXATIVE TABLETS (Available over the counter)
- 1 Bottles of 64 ounces of GATORADE (NO RED, BLUE OR PURPLE)
- Diaper Rash Cream-optional

**MEDICATIONS:** In general, all medications should be continued in routine dosage EXCEPT medications that will affect blood clotting. If you are on any sort of blood clotting medication, your physician should approve you stopping the medicine. The following are the drugs that will require some individualized instructions:

#### **1 DAY BEFORE PROCEDURE**

**STEP 1:** Begin a clear liquid diet in the morning by drinking the 1<sup>st</sup> bottle of Gatorade (64 ounces).

#### **CLEAR LIQUID DIET**

Any Clear fruit juice, WITHOUT PULP, soft drinks, clear broth, (beef or chicken bouillon is fine), coffee, tea, Kool-aid, Gatorade, Jello, Gelatin, and regular Popsicles, any type of hard candy, but no soft centers or chocolate. No Milk or dairy products. NOTHING WITH RED, BLUE OR PURPLE COLORING.

**STEP 2:** Between 4-6 pm take **2 DULCOLAX (bisacodyl) LAXATIVE TABLETS** with water or Gatorade. Swallow whole-do not chew or crush. You should have a bowel movement within 1-2 hours. Diaper rash cream can be applied to your rectal area to decrease irritation.

**STEP 3:** Mix the entire container of **GLYCOLAX POWDER** into the 2<sup>nd</sup> Bottle of Gatorade (64 ounce)-it should completely dissolve. Chill in the refrigerator. Start drinking this liquid after you have a bowel movement or within 2 hours of taking the Dulcolax-whichever comes first. Drink 8 oz every 10 to 20 minutes over a period of 1-2 hours until you drink the entire container. If you get chills or feel bloated, slow down and drink some warm clear liquids.

**STEP 4:** **IF** you are passing clear bowel movements, you are finished. **IF** your bowel movements are not clear, take 2 more **DULCOLAX (bisacodyl) LAXATIVE TABLETS with water.**

**STEP 5:** Nothing to eat or drink after midnight except small sips of water with your morning medications. Exceptions are listed on page 1.

#### **FINAL INSTRUCTIONS**

- This exam is most successful if these instructions are followed exactly as stated.
- If you use a CPAP machine at night for sleep apnea, please bring this with you.
- Bring a list of your current medications (including dosages with you).
- Verify any questions about co-pays with your insurance.

*\*\*\*If you have to cancel your exam, please contact us at least 72 hours (3 business days) in advance  
as a courtesy to other patients and your physician.*

PLEASE CALL ME DIRECTLY IF YOU HAVE ANY QUESTIONS AT 480-857-2307

**5/8/2007**

<p><b>YOU WILL BE AT THE HOSPITAL FOR APPROXIMATELY 2-4 HOURS..</b></p>
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