

MUSKOGEE DIGESTIVE CENTER
384 SOUTH 33RD STREET SUITE B
MUSKOGEE, OK 74401
(918) 682-0700

AJAY K. SANGAL, M.D.

NAME: _____ FACILITY: _____
DATE OF PROCEDURE: _____ PROCEDURE: _____
ARRIVAL TIME: _____ PROCEDURE TIME: _____

5 DAYS PRIOR TO PROCEDURE:

DO NOT EAT OLEAN OR OLESTRA *FAT FREE CHIPS (PRINGLES, WOW, ETC)
STOP TAKING ASPRIN OR ASPRIN CONTAINING PRODUCTS (PLAVIX, COUMADIN, IBUPROFEN,
ETC).

TWO DAYS PRIOR:

STOP TAKING ALL IRON AND FIBER SUPPLEMENTS SUCH AS MULTI VITAMINS, CITRUCEL,
METAMUCIL, FIBERALL, FIBERCON, ETC...

DAY PRIOR TO PROCEDURE:

1. LIQUIDS ONLY SUCH AS WATER, TEA, COFFEE (NO CREAM OR SUGAR), CARBONATED
BEVERAGES, JELL-O (NO RED OR PURPLE), CLEAR BROTH (BEEF OR CHICKEN)
NO MILK PRODUCTS

2. START DRINKING THE NULYTELY/ COLYTE AT 4 P.M. CONTINUE UNTIL THE BOTTLE IS
EMPTY. IT NEEDS TO BE FINISHED BY 10 P.M. (THIS WILL AVERAGE OUT TO AN ICED TEA
GLASS SIZE EVERY 10 - 15 MINUTES). IF YOU ARE NOT CLEANED OUT (RUNNING CLEAR) TAKE
4 DULCOLAX TABLETS AFTER YOU FINISH THE BOTTLE.

NOTHING BY MOUTH AFTER MIDNIGHT

*** PLEASE TAKE YOUR BLOOD PRESSURE MEDICATION THE MORNING OF THE PROCEDURE
WITH A TINY SIP OF WATER (A COUPLE OF HOURS PRIOR)***

SOMEONE MUST GO WITH YOU. IF YOU DO NOT HAVE SOMEONE WITH YOU THEN YOU WILL
BE RESCHEDULED NO EXCEPTIONS.

IF YOU ARE USING PUBLIC TRANSPORTATION (KATZ, SOONER RIDE, TAXI SERVICE, ETC) YOU
MUST HAVE A FAMILY MEMBER OR A FRIEND. IF YOU DO NOT HAVE SOMEONE THEN YOU
WILL BE RESCHEDULED NO EXCEPTIONS.

THANK YOU