



HyGleaCare® Prep Procedure

Procedure Date: ___/___/___

Arrival Time: HyGleaCare Center: _____

Arrival Time: Endoscopy Center: _____

Scheduled Colonoscopy Time: _____

***Make sure you purchase Laxative Tablets NOT Soft Gel ***

YOUR BOWEL PREP IS EXTREMELY IMPORTANT! PLEASE READ INSTRUCTIONS CAREFULLY.

Location

HyGleaCare: North
8015 Shoal Creek Blvd, Suite 111
Austin, Texas 78757
512-368-8357

HyGleaCare: South
1700 South Lamar Blvd, Suite 322
Austin, TX 78704

If you need to reschedule your procedure or you have any questions call your physician's office

Bring the following to your appointment:

- **Responsible Driver.** They DO NOT need to be present at the HyGleaCare Center but MUST be present at the Endoscopy Center
- **Payment for HyGlea Prep by Credit/Debit ONLY**

5 Days Prior to Procedure:

Milk of Magnesia: 2 Tablespoons at bedtime each night for 5 nights

Start Date: _____

1 Day Prior to Procedure:

Begin Clear Liquid diet ONLY

Per Your Physician's Order

Take: 2 Dulcolax laxative tablets with 8 oz of water at 11:00 am

2 Dulcolax laxative tablets with 8 oz of water at 1:00 pm

Or

If your schedule does not permit the above times

Take: 3 Dulcolax laxative tablets with 8 oz of water at 5:00 pm

Start Date _____

Day of Procedure

Nothing by mouth within 4 hours of your scheduled Colonoscopy time, including gum, hard candy/mints. No smoking tobacco, marijuana or use of e-cigarettes the day of your procedure

Stop Date/Time: _____

- **Take your essential morning medications (heart, blood pressure, anti-seizure medication) with 2 oz (4 tablespoons) of water**