



Austin  
Gastroenterology

**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

3 Days Prior to Procedure

Begin Low Fiber Diet

**Avoid Food with nuts/seeds**

See back of this form for details

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

Day of Procedure

Nothing by mouth starting 4 hours before your scheduled Colonoscopy Time:

Time: \_\_\_\_\_

No gum, hard candy/mints.

No smoking tobacco, marijuana or use of e-cigarettes the day of your procedure

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