

## Sorbitol Prep – 1 Day Prep

Gastroenterology Clinic  
611 Grammont St.  
Monroe, LA 71201  
318.325.2634 or 800.293.2634

Day Before Procedure: \_\_\_\_\_

\_\_\_\_\_ Clear Liquids all day (No solid food!) - You may have water, soft drinks, coffee, tea, Popsicles®  
Jell-O® (lemon or lime without fruit), chicken or beef broth, clear juices (apple, white grape juice)  
and hard candy. **NOTHING RED OR PURPLE! NO MILK! NO ALCOHOL!**

\_\_\_\_\_ 2:00pm - Drink 50cc of Sorbitol 70% (chilled).

\_\_\_\_\_ 3:00pm – Drink 4 ounces of water.

\_\_\_\_\_ 4:00pm - Drink 50cc of Sorbitol 70% (chilled).

\_\_\_\_\_ 4:30pm – Drink 4 ounces of water.

\_\_\_\_\_ 5:00pm - Take two (2) Dulcolax tablets with a glass of water.

\_\_\_\_\_ 6:00pm - Drink 50cc of Sorbitol 70% (chilled).

\_\_\_\_\_ 7:00pm – Drink 4 ounces of water.

\_\_\_\_\_ 8:00pm – Drink 50cc of Sorbitol 70% (chilled).

\_\_\_\_\_ 9:00pm – Drink 4 ounces of water.

\_\_\_\_\_ Nothing to eat or drink after midnight.

Day of Procedure: \_\_\_\_\_

\_\_\_\_\_ Bring your medications with you.

\*\*Be sure to take BLOOD PRESSURE, SEIZURE and HEART medications.

\*\*If you are a DIABETIC, please call your physician for dosage of medicine to be taken the morning of your test. Please check your blood sugar the morning of the test.

\*\*If you take BLOOD THINNERS, follow instructions given to you at the time of pre-registration.

\_\_\_\_\_ Bring someone to drive you home. (You will be here 2 to 3 hours)

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

Place: \_\_\_\_\_

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

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