

Colon and Digestive Health Specialist, LLC

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Golytely Prep Instructions

Name _____ Procedure: Colonoscopy

Appointment Date: _____ Time: _____

You will need a ride TO and FROM the Endoscopy Center. Driver must be 18 years or older and must be able to stay during the entire duration of the procedure.

**** 5 Days before the procedure, avoid raw fruits and vegetables. (cooked vegetables are okay) ****

**** 2 Days before the procedure eat normal but eat LIGHTER (no fast food, no fried food, no red meat). ****

**** You will need to be on a Clear Liquid Diet ALL DAY (Breakfast, Lunch & Dinner) on the day before the procedure. ****

Clear liquid options: Clear soda, sports drinks, chicken broth, strained (non-pulp) fruit juices (apple juice, white cranberry, white grape juice etc.), [NO SMOOTHIES] limeade/lemonade, coffee/tea (without dairy and non-dairy creamer), Jell-o, popsicles. For all of the above no red or purple color allowed.

The Day before procedure:

- At 4:00 PM, take 2 tablets of 5 mg Dulcolax (Bisacodyl).
- At 5:00 PM, start drinking $\frac{3}{4}$ of the prep bottle. Finish before 10:00 PM that night to finish.

Morning of procedure:

- Drink remaining $\frac{1}{4}$ of the prep bottle starting at 1:00 AM and finish no later than 2:00 AM.

Medication Restrictions:

- No blood thinners like Coumadin, Warfarin, Aspirin or Ibuprofen for 3 days prior to procedure, unless told to continue.
- No Phentermine for 2 weeks prior to procedure.
- Please continue to take any Beta Blockers & blood pressure medicines with small sip of water 2 hours prior to procedure time.
- Diabetics: Take $\frac{1}{2}$ of usual dose of insulin day before procedure and NONE on the morning of procedure. Do not take any oral diabetic medication the day before appointment or the morning of. Check sugar every 6 hours-if less than 75 drink a glass of apple juice, if more than 250 please call our office.

**** If there is any nausea, vomiting, shortness of breath, chest pain, severe headache, or excessive sweating please stop taking the prep and call the office. ****