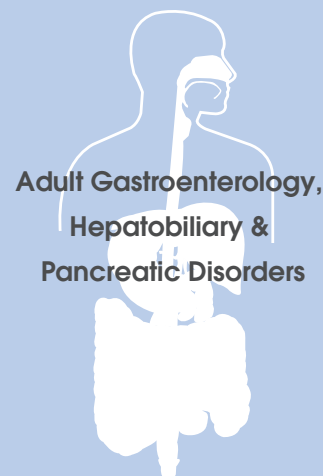


Colonoscopy
Preparation
Instructions

Golytely

Colonoscopy Preparation Instructions
(GOLYTELY)

No Aspirin, Plavix, Coumadin or non steroid anti-inflammatory blood thinning products 7 days prior to procedure.

Nothing to eat or drink after midnight prior to the procedure.

Arrive 2 hours early.

Arrange for a ride back home after your procedure is over.

Day Prior to Procedure

Clear liquid diet all day long no exceptions. Please see clear liquid diet section.

It is very important to avoid solid foods the day before your colonoscopy. You are allowed clear liquids only.

- Start drinking Golytely between 2 PM – 4 PM; no later than 6 PM
- Drink the 1 gallon of Golytely over 3-6 hours.
- You will receive a prescription for Golytely.
- Mix Golytely with water early in the morning and place in your refrigerator.
- Do Not Add Ice.
- You may add 1 packet of crystal light (lemon flavor only) to the gallon, to improve the taste.

You may continue with your clear liquid diet all day until midnight.

Morning of the Procedure

Between 4 AM and 6 AM, give yourself 1 FLEET ENEMA before coming to the facility for the colonoscopy.

FLEET ENEMA may be purchase from any store / pharmacy; no prescription needed.

Important – Please follow the directions for this prep carefully. Your procedure will be cancelled and reschedule if the colon prep is not adequate.

Clear Liquid Diet

Drink only “**Clear Liquids**” for **breakfast, lunch and dinner**.

Solid foods, milk products are **not** allowed.

Do not eat or drink anything with **RED** or **PURPLE** food coloring.

“Clear Liquids” include:

- Apple juice, white grape juice, white cranberry juice or lemonade
- Water (as much as desired)
- Clear broth or bouillon (chicken or beef flavor)
- Coffee or tea (without milk or **non dairy creamer**)
- Gatorade (especially good for replacing electrolytes)
- Sprite, 7-up
- Kool-Aid (lemon, lime, orange, peach)
- Plain jello without topping or fruit (lemon, lime, orange, peach)
- Popsicles (lemon, lime, orange, peach)

No fruits or vegetables should be eaten the day before the procedure.