

Prep Instructions for Colonoscopy

Please read and follow the instructions below carefully to ensure you are prepped for your procedure.

* If you take blood thinners (Coumadin, Plavix, Eliquis, Xarelto etc.) a physician must determine when to stop medicine, prior to the procedure.

Must Purchase: (May purchase at any pharmacy, doctor's script is not required)

- 1 - 10oz bottle of Citrate of Magnesium (Flavor Lemon or Original)
- 1 - Box of Dulcolax (Bisacodyl) (Laxative)

Must Pick Up At Your Pharmacy: (Prescription was sent to your pharmacy the day your procedure was scheduled)

Golytely 236-22.74-6.74-5.86 gram

2 Days Before Your Procedure

- * NO Meats
- * NO Beans or Corn
- * NO Nuts
- * NO Seeds ex. Tomatoes, Cucumbers, Sunflower or Poppy Seeds



8pm- Take 4 Bisacodyl tablets with a full glass of water

THE DAY BEFORE THE PROCEDURE (AS SOON AS YOU WAKE UP)

DO NOT EAT ANY SOLID FOODS.

THE ENTIRE DAY BEFORE YOUR EXAM, YOU MUST BE ON A CLEAR LIQUID DIET ALL DAY

* It is very important that you drink plenty of water and clear liquids throughout the day in order to avoid dehydration and to flush the bowel.

* If you take medicine for diabetes, take 1/2 dose the **day before** procedure.

* **DO NOT** take anything **RED** and **ORANGE** color, and you cannot have **lactose** products.

* **DO NOT** drink alcoholic drinks a day before or the day of examination.

You May Drink:

<p><u>Coffee and Tea</u> No Cream</p> 	<p><u>Clear Juices</u> No Pulp</p> 	<p><u>Powered Lemonade</u> No Pulp</p> 	<p><u>Pop</u></p> 
<p><u>Sport Drinks</u> Green or Yellow</p> 	<p><u>Jell-o</u> Green or Yellow</p> 	<p><u>Broths/ Water</u></p> 	<p><u>Honey/ Sugar</u></p> 

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Remember **NO** solid food and drink plenty of liquids.

THE DAY BEFORE THE PROCEDURE

1.)



6am- Take 1 10oz bottle of Magnesium Citrate.

2.)



9am- 2pm Drink the **Golytely** gallon prescribed by the doctor. Drink 1 glass of medication (Golytely) every 15 minutes until 2pm. It must be completely finished.

- * You may apply Vaseline to rectal area after every bowel movement.
- * If you take medicine for diabetes, take 1/2 dose the **day before** procedure.
- * You may continue to take Tylenol or aspirin until your physician specifically instructs you otherwise

THE MORNING OF THE PROCEDURE:

- * If you take medicine for high blood pressure, please take it at **least 4 hours before** your procedure.
- * Do **NOT** take your diabetes medications the morning of the procedure.
- * Remember **NO solid food**, clear liquids only.



3 HOURS BEFORE YOUR PROCEDURE- STOP ALL CLEAR LIQUIDS

IMPORTANT THINGS TO KNOW AND REMEMBER

- * You must bring a driver/responsible adult over the age of 18 (preferably family member or friend) with you the day of this procedure. You are **NOT** allowed to take a bus, taxi, Access a Ride, walk home, etc.
- * If you do not have a driver your procedure will be cancelled or rescheduled.
- * Please bring your insurance card and picture ID to your procedure.
- * The day of the procedure, you will be unable to return to work due to the sedation you will receive.
- * If you have any questions or concerns about your procedure or Prep- Instructions please call our office (708)499-5678 extension 174.