



COLONOSCOPY\_\_\_\_\_

COLONOSCOPY/EGD\_\_\_\_\_

GOLYTELY

NAME \_\_\_\_\_

FACILITY \_\_\_\_\_

DOCTOR \_\_\_\_\_

DATE \_\_\_\_\_

ARRIVAL TIME \_\_\_\_\_

1. You will need to purchase GOLYTELY (with a prescription) at the pharmacy. Please fill this in a timely manner.
2. Continue to take your regular prescribed medications as you normally would. If you are diabetic, do NOT take your oral medication the morning of procedure: if you are on insulin, please contact your prescribing physician for dosage instructions.
3. Discontinue iron 5 days prior to procedure. This does not include a multi vitamin.
4. If you take Coumadin, Warfarin, Pradaxa (dabigatran), Xarelto please **CALL THE OFFICE AS SOON AS SOON POSSIBLE** for instructions. Do not stop any other blood thinners unless you have been instructed to do so.
5. If you use an inhaler for lung disease (e.g. asthma, emphysema) on a daily basis, please take your usual dose on the day of your exam prior to the procedure. Please bring your inhalers with you.
6. Bring a complete list of current medications.
7. After your examination:
  - You may not work or drive the day of your procedure. **A RELATIVE OR FRIEND MUST ACCOMPANY YOU AND MUST REMAIN ON THE PREMISES. FAILURE TO DO SO MAY RESULT IN CANCELLATION OF YOUR PROCEDURE.**
  - You should not plan to engage in any activity requiring physical coordination or mental alertness until the next morning.

SEE OTHER SIDE OF THIS PAGE FOR SPECIFIC PREP INSTRUCTIONS

If you have any questions, or are having difficulty tolerating the prep,  
please feel free to call our office

**PATIENT INSTRUCTIONS  
GOLYTELY PREP**

- **TWO DAYS BEFORE YOUR scheduled procedure avoid seeds, nuts, popcorn, raw vegetables, and fruits with skin.**
- **THE DAY BEFORE YOUR PROCEDURE YOU MAY HAVE NOTHING BUT CLEAR LIQUIDS (NO RED OR PURPLE)**

**CLEAR LIQUIDS INCLUDE CLEAR BROTH OR BOUILLON (CHICKEN, BEEF, AND ONION); JUICE (APPLE, ORANGE, AND/OR LEMONADE---NOTHING WITH PULP; WATER/TEA/COFFEE IS ALLOWED (SUGAR IS OK BUT NO CREAM (LIQUID, POWDER OR MILK); JELL-O/POPSICLES/SODA POP/HARD CANDIES ARE ALLOWED.**

**AVOID ALL SOLID FOODS, ANYTHING THICK IN TEXTURE OR CONTAINING PULP; ALL DAIRY PRODUCTS, AND ALCOHOL.**

- **THE EVENING BEFORE THE COLONOSCOPY**

**DATE \_\_\_\_\_ BEGINNING AT 5:00 PM**

**---MIX THE ENTIRE BOTTLE OF GOLYTELY AS PER THE DIRECTIONS ON THE BOTTLE. YOU WILL NEED TO DRINK 2 LITERS (approximately 68 ounces). THIS NEEDS TO BE COMPLETED BY 7:00 P.M.**

**---CONTINUE TO DRINK CLEAR LIQUIDS THROUGHOUT THE EVENING**

- **THE MORNING OF THE COLONOSCOPY:**

**DATE \_\_\_\_\_ BEGINNING AT \_\_\_\_\_**

**---DRINK THE REMAINING 2 LITERS (approximately 68 ounces). THIS NEEDS TO BE COMPLETED BY: \_\_\_\_\_**

**YOU MAY HAVE NOTHING TO EAT, DRINK, SMOKE OR CHEW AFTER COMPLETION OF THE ABOVE PREP**

**\*\*\*You make take your usual heart, lung, blood pressure, and/or seizure medications on the morning of your procedure with a sip of water\*\*\***

**GOOD PREP RESULTS = CLEAR OR YELLOW LIQUID STOOL**