

PREPARATION INSTRUCTIONS FOR COLONOSCOPY with Golytely

Appointment date: _____

Appointment time: _____

Location: _____

Do these things 7 DAYS BEFORE the procedure:

- **Arrange a ride:** you will be given medicine that makes you relax and be sleepy, so you cannot drive a car or take a bus home. If you arrive without an escort, your procedure may need to be rescheduled.
- **Stop taking iron, Vitamin E, ginko, ginger, aspirin and garlic**
- **If you are taking Coumadin medicine or if you are diabetic,** call your doctor or nurse for special instructions.



Do these things 3 DAYS BEFORE the procedure:

- **Confirm your ride.**
- **If you need to cancel your appointment, call your doctor or nurse**
- **Review the diet you need to follow for the next 2 days.** Plan your meals according to this diet.



Do these things 2 DAYS BEFORE the procedure:

- **Drink at least 8 glasses of water throughout the day.**
- **Stop taking all anti-inflammatory medicines.** These include: Nuprin, Bufferin, Anacin, Advil, Motrin, Indocin, Voltran, Aleve, Ecotrin, Relafen, Alka Seltzer, Naprosyn, Voltaren (*Tylenol is okay to take*)
- **Stop eating seeds, popcorn, nuts and whole grains**
- **Do not eat any solid food after midnight**

Do these things 1 DAY BEFORE the procedure:

- **Start a strict, clear liquid diet.** *If you put a liquid in a clear glass, and you can see through it, it is probably OK to drink.* A clear liquid diet can include:
 - Apple, white grape, and cranberry juices;
 - Beef or chicken broths that are clear;
 - Tea and coffee without milk;
 - Soda pop, Gatorade, Kool-Aid and various -Jell-O flavors (*any color except red*)
- **Avoid:** juices with pulp, milk, cream and solid food.
- Fill the plastic container containing the laxative powder (**Golytely**) with water, shake well until the powder is dissolved and put the container in the refrigerator.
- **1:30pm:** Take the first tablet of **Metoclopramide** by mouth with water. The medicine Metoclopramide will help relieve nausea caused by Golytely.
- **2:00pm:** Start drinking the laxative (Golytely) liquid. Drink one full glass every 15 minutes until it is gone. Try to drink one full glass at a time instead of sipping.
- **5:00pm:** Take the second tablet of Metoclopramide by mouth with water.
- **Continue to drink clear liquids throughout the day but do not eat any solid food.**
- The laxative (Golytely) liquid will cause you to have many bowel movements. This is needed so you have a clean colon for the procedure. If you have problems completing this preparation, call your doctor or nurse.



Do these things ON THE DAY OF the procedure:

- Take your normal medications with a sip of water.
- You may have clear liquids until 3 hours before the procedure.
- Bring your escort/driver with you to your appointment.
- Arrive 30 minutes before your appointment time

Do you have **QUESTIONS** or **PROBLEMS** completing the instructions? Call: _____