PREPARATION INSTRUCTIONS FOR COLONOSCOPY with Golytely

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: ____________