

Prep Instructions for Colonoscopy using GoLYTELY (Polyethylene Glycol)

1 WEEK PRIOR TO PROCEDURE:

Stop taking any Iron supplements
Avoid eating popcorn, corn, nuts, seeds and fruits with small seeds

3 DAYS PRIOR TO PROCEDURE:

Stop Coumadin, Plavix or other blood thinner *as directed by your primary care physician or specialist*

THE DAY PRIOR TO PROCEDURE:

Breakfast only: You may have 2 slices of toast (white bread only) with only butter/margarine. You may also have fried eggs or rice with butter/margarine.

NO OTHER SOLID FOODS after this point. However, you may have things such as plain white milk, plain vanilla ice cream, and plain vanilla pudding until 6 pm. You may also have coffee, tea, clear broth, jello, clear fruit juices without pulp (such as white grape or apple), 7-up, popsicles, Crystal Light, or Kool-Aid until midnight.

Do NOT drink anything RED or PURPLE. Do not drink alcohol.

Drink ½ (2liters) of the Golytely between 5-7 pm. You can mix with Crystal Light or Gatorade (no red or purple color). The solution may be mixed ahead of time and chilled in the refrigerator for better taste. Use within 24 hours of mixing.

Drink ALL of the Golytely even if your stool is clear or yellow. If your colon is not clean, your doctor may not be able to complete your colonoscopy.

NOTHING TO EAT OR DRINK AFTER MIDNIGHT

THE MORNING OF THE PROCEDURE

Nothing to eat or drink except the remaining ½ (2liters) of Golytely **5 hours** prior to procedure.

All Prescribed medications should be taken with a sip of water; these will not affect the prep. (Do not take Coumadin, Plavix, or ASA).

Insulin dose should be ½ the dose. **DO NOT** take oral diabetic medication; bring this along with you to take after the procedure.

Arrive at the hospital at _____.

You MUST have a responsible adult accompany you and drive you home following the procedure due to the medications given during the procedure.

It is your responsibility to check with your insurance company to see if/ how this procedure will be covered.

If you have any questions regarding these instructions, or problems when taking the prep, please call our office at (715)552-7303 at any time.