

## INSTRUCTIONS FOR COLONOSCOPY

### TO BEGIN PREPARATION

- In the morning as soon as you wake up prepare the Golytely, Nulytely or Halflytely. You can place the gallon in the refrigerator to make the liquid taste better.
- Start drinking you Golytely, Nulytely or Halflytely right after preparing it. Drink a full tall glass (at least 8 oz.) every 10-15 minutes until the gallon is empty.

### YOU MUST DRINK ALL OF THE SOLUTION!

- If you do not finish the solution, the test may need to be repeated.
- If your stool is still not clear after finishing all the solution, drink on 8 oz. glass of water every 15 minutes. **Until the stools are clear of solid matter.**

### THE DAY BEFORE THE PROCEDURE:

- **DO NOT** eat any solid food.
- You can **ONLY** drink CLEAR LIQUIDS all day long. **Beverages:** Gatorade, Sprite, 7-Up, Ginger ale, any juices you can see through without pulp. **Soups:** Clear bouillon, broth **Dessert:** water, ice, popsicles, Jell-O, hard candy.
- **NOTHING** with RED or PURPLE coloring at all.

### **NOTHING TO EAT OR DRINK AFTER MIDNIGHT BEFORE THE PROCEDURE.**

### THE DAY OF THE PROCEDURE:

- Make sure to bring a colonoscopy order from the doctor with you.
- Show your order to the person at the security desk (by the entrance), they will direct you to the Same Day Surgery.

\*\*On the day of your procedure you may only take the medications for Blood Pressure, Heart, and Anti-depressants, Anxiety, HIV, Thyroid, Seizures, Psychiatric Disorders, Acid Reflux, Take your medicine with a small sip of water only.

\*\* Do not take any aspirin or blood thinners for 7 days prior to the procedure