

## INSTRUCTIONS FOR YOUR COLONOSCOPY

**If you require antibiotics before routine dental work, or are a diabetic taking insulin or pills, or taking a blood thinner, or have cardiac stents, or have renal disease or on dialysis consult your physician for additional instructions before beginning this procedure.**

Make sure you have made arrangements for someone to drive you home after the procedure. Because of the sedation you will receive, you will not be able to drive yourself home, or drive for the remainder of the day. Please make arrangements in advance for your transportation home. YOU CANNOT HAVE THE PROCEDURE DONE IF NO RIDE IS AVAILABLE. Taxicabs and public transportation are not acceptable options.

### **If you received a "Golytely" prescription from Dr. Bright:**

#### **DAY BEFORE EXAMINATION:**

- Drink only "clear liquids" for breakfast, lunch, and dinner.
- **NO** solid foods, milk, or milk products.
- **NO** liquids that are colored red or purple.
- **NO** alcoholic beverages.

#### **"CLEAR LIQUIDS" include:**

- Strained fruit juices without pulp, apple, white grape, lemonade
- Water
- Clear broth or bouillon
- Coffee or tea (without milk or non-dairy creamer)
- Gatorade
- Soft drinks
- Kool-aid® or other fruit flavored drinks
- Plain jello® (without fruits or toppings)
- Ice popsicles

#### **7:00 p.m.**

- Mix the whole container of Golytely with water as instructed.
- Drink 1/2-of the container, approximately 2 liters, from 7:00 pm to 9:00 pm. You can use flavor additive like "Crystal Lite" as long as it is NOT colored red or purple.
- You can drink other liquids with this laxative.
- You are encouraged to drink as much fluids as you like.

**You are encouraged to drink throughout the night to avoid becoming dehydrated**

#### **DAY OF EXAMINATION:**

##### **4:00 a.m.**

- Drink the remainder of the other two liters, and finish by 5:00 am.
- **Continue to drink until three (3) hours before the exam.**

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### **If you did not receive a prescription for Golytely:**

Please read all prep instructions at least (5) days before your colonoscopy examination. Your dosage schedule may be adjusted by your physician.

You will need to purchase a total of **(3) Magnesium Citrate bottles(lemon flavor)** at the pharmacy.

- Individual responses to laxatives vary. This prep will cause multiple bowel movements. Please remain within easy access of toilet facilities.

#### **DAY BEFORE EXAMINATION:**

Drink only "clear liquids" (see previous page for list of clear liquids) for breakfast, lunch, and dinner. No Solid foods, milk, or milk products are allowed. No Liquids that are colored red or purple are allowed. \*No Alcoholic Beverages\*

#### **5:00 p.m.**

Drink (2) bottles of Magnesium Citrate. Make sure you drink it all. Follow this with several glasses of approved "clear liquid". Drink at least (3) more full 8 ounce glasses of "clear liquids" before going to bed. You may drink more if you wish. You are encouraged to drink throughout the night to avoid becoming dehydrated.

#### **DAY OF EXAMINATION:**

**(4) hours before you leave for your appointment (Allow driving time)**

Drink (1) bottle of Magnesium Citrate. Make sure you drink it all. Follow immediately with several glasses of approved "clear liquid." **Continue to drink until three(3) hours before exam.**