

## YOUR COLONOSCOPY IS SCHEDULED FOR:

Date of Procedure: \_\_\_\_\_

Gastro Health Physician: \_\_\_\_\_

Arrival Time: \_\_\_\_\_

Facility/address: \_\_\_\_\_

Phone: \_\_\_\_\_

Registration Assistant: \_\_\_\_\_

### DAY BEFORE-CLEAR LIQUID PREPARATION INSTRUCTIONS FOR YOUR COLONOSCOPY WITH Golytely, Nulytely, Trilyte or Polyethylene Glycol 3350 (PEG 3350)

PLEASE REVIEW THE INSTRUCTIONS *AT LEAST 3 DAYS PRIOR* TO THE PROCEDURE USE THESE PREPARATION INSTRUCTIONS *AND NOT* THOSE INCLUDED WITH THE BOX.



**It is important that you follow these directions carefully  
and complete the entire preparation to ensure the most effective cleansing.**

- If you are taking any blood thinners and/or insulin **AND** this was **NOT** discussed with your doctor at the time of scheduling the procedure, please call us **BEFORE** starting the preparation. These include, but are not limited to *Aspirin, Coumadin-(Warfarin), Plavix-(Clopidogrel), Xarelto-(Rivaroxaban), Arixtra-(Fondaparinux), Effient-(Prasugrel), Aggrenox-(Aspirin/Dipyridamole), and all NSAIDs (Ibuprofen, Motrin, Aleve, Naproxen, Celebrex, Mobic).*
- **YOU MUST CONTINUE TO TAKE ALL** your other medications every day prior to the colonoscopy AND take them with a small sip of water on the day of your colonoscopy.
- **IF YOU ARE DIABETIC, DO NOT** take your diabetic pills the evening prior or day of the colonoscopy.
- Please plan to have someone drive you home after the procedure. You will not be allowed to drive yourself home.
- You cannot take an Uber, Lyft or taxi home from your procedure without an adult companion.



## DAY BEFORE PREPARATION INSTRUCTIONS FOR YOUR COLONOSCOPY WITH Golytely, Nulytely, Trilyte or Polyethylene Glycol 3350 (PEG 3350)



### 3 DAYS BEFORE THE PROCEDURE

STOP eating fruits and vegetables including beans, corn and seeds.

### THE DAY PRIOR TO THE PROCEDURE

You may not have any solid food. If desired you may have a liquid yogurt only for breakfast before 10 AM, no later. After 10 am you may have only clear liquids. For example: water, coffee, tea, broth, sodas, apple juice, Gatorade, Kool-aid, Jell-O, popsicles, and hard candy.

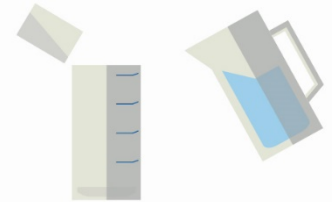
**DO NOT DRINK MILK. DO NOT DRINK LIQUIDS THAT ARE RED OR PURPLE IN COLOR.**

### THE DAY PRIOR TO THE PROCEDURE

#### Step 1:

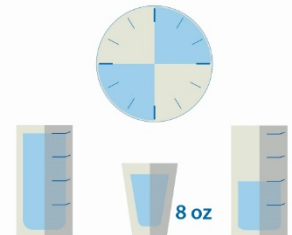
For best results mix ahead and refrigerate the solution prior to drinking.

- Prepare the mixture by choosing one of the flavor packets and pouring it into the container.
- Fill the container with lukewarm water up to the "Fill Line" indicated.
- Shake well and place in the refrigerator. Do not add ice.



#### Step 2:

- Starting between 5:00 PM to 7:00 PM, begin to drink the solution.
- Drink one 8-ounce glass every 10-15 minutes until you complete the **first half** of the container.
- Drink at a pace that is comfortable.

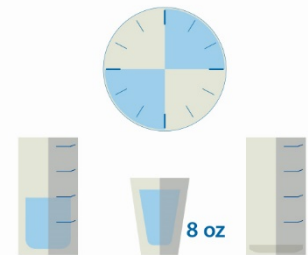


**If you feel nauseous or bloated slow down.**

### THE DAY OF THE PROCEDURE

#### Step 3:

- Starting at \_\_\_\_\_ (**4 hours before the arrival time**)
- Drink the **remaining half** of the container; one 8-ounce glass every 10-15 minutes.
- Drink at a pace that is comfortable.



**Finish the entire prep even if stool is clear liquid**

**YOU MUST COMPLETE STEP 3 AND STOP ALL LIQUIDS BY \_\_\_\_\_ (At least 2 hours before your Arrival Time)**

Please call us if you have any questions or if you are having difficulty with the preparation. We are available 24 hours a day, 7 days a week.

