
Colonoscopy Preparation

YOU ARE SCHEDULED TO HAVE COLONOSCOPY ON

_____ AT

PLEASE FOLLOW THESE INSTRUCTIONS:

PURCHASE NULYTELY/GOLYTELY FROM YOUR PHARMACY.

ONE WEEK BEFORE COLONOSCOPY: NO ASPIRIN, ADVIL, MOTRIN, IBUPROFEN, ALEVE, IRON, VIOXX, CELEBREX OR ASPIRIN PRODUCTS. PLEASE INFORM US IF YOU ARE USING COUMADIN, WARFARIN, PLAVIX OR ANY OTHER BLOOD THINNERS

YOU MAY USE TYLENOL

ONE DAY BEFORE THE PROCEDURE: YOU MAY HAVE ONLY A CLEAR LIQUID DIET AFTER BREAKFAST

THE FOLLOWING ITEMS ARE INCLUDED:

CHICKEN BROTH COFFEE/TEA JELLO

CLEAR FRUIT JUICE(APPLE)

PLEASE DO NOT HAVE ANY DAIRY PRODUCTS OR ORANGE JUICE

At 6 PM take dulcolax 5mg 2 tabs

AT 7 PM-BEGIN DRINKING NULYTELY/GOLYTELY AS INSTRUCTED

8 OZ. EVERY 10-15 MIN. UNTIL THE BOTTLE IS EMPTY

(RAPIDLY DRINKING A GLASSFUL IS BETTER THAN SIPPING AN OUNCE OR TWO AT A TIME).

*You will have consumed several glassfuls before having the first loose, watery bowel movement.

*Initially, you may feel slightly bloated, but will become more comfortable as you continue to have bowel movements.

*It will take approximately 3 hours to finish the solution. Diarrhea will continue for about 1 hour after you finish drinking the solution.

DO NOT EAT ANYTHING AFTER MIDNIGHT.

THE DAY OF THE PROCEDURE

YOU MAY TAKE YOUR REGULAR MEDICATIONS UNLESS INSTRUCTED OTHERWISE.