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## Colonoscopy Preparation

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**YOU ARE SCHEDULED TO HAVE COLONOSCOPY ON**

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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.