

1. **If you take diabetic medications (insulin/oral medication) -- reduce the amount by 1/2 the day before your procedure and hold the medication on the morning of procedure.** You may resume your medications once you begin eating again.
2. **If you currently take Warfarin (Coumadin) rivaroxaban (Xarelto) apixaban (Eliquis), clopidogrel (Plavix) or other blood thinners (excluding Aspirin 81mg)** you should have received instructions regarding when to discontinue the medication if necessary. If you have not, or do not clearly understand the instructions, please call the office as soon as possible for clarification. Hold thinner for _____ days.

7 days prior:

Stop fiber supplementations, multivitamins, fish oil, iron supplements, and avoid eating nuts and seeds
Please stop Adipex/Phentermine, Naltrexone/Bupropion (Contrave), and Aspirin 325mg.

ONE DAY PRIOR:

Beginning with breakfast you will be on a clear liquid diet. You should complete 8 ounces of liquid each hour.

ALLOWED:

Soda pop	Club soda	Water	Coffee (no creamer)
Ginger ale	Tea	Juice (pulp free)	Honey
Clear sports drinks	Hard Candy	Broth	Jello
Popsicles			

NOT ALLOWED:

Alcohol (is dehydrating)	Meat	Breads	Grains	Rice
Milk or other dairy products	Vegetables	Fruits	Cereal	Chunky soups

NOTHING RED OR PURPLE IN COLOR

Bowel Cleansing Prep:

1. **5 p.m.** (the day prior) - Take two 5 mg dulcolax/bisacodyl tablets with a full glass of water. Prepare your Golytely by adding water to the fill line and then refrigerate. Powder flavoring, like crystal light (not red or purple), may be added for flavor. Chilling the Golytely solution in the refrigerator and/or drinking the solution through a straw may make it easier to drink. (Do not add ice.)
2. **6 p.m.** (the day prior) – begin to drink the Golytely solution. Drink one 8 oz. glass every 15 minutes until you have finished 3/4th of the solution (about 12 glasses). You should complete the first 3/4th of the solution by 9 p.m. It is ok to take short breaks in---between glasses if you experience nausea or fullness. It is also ok if it takes you longer to finish the first phase. Restart when the symptoms improve. Refrigerate the remaining portion of the solution. Continue to drink 8 oz. of clear liquids an hour until bedtime to stay hydrated.

Day of Procedure:

1. **5 hours prior at _____** finish drinking the last 1/4th of the solution (4 glasses), 8 oz. every 15 minutes until the prep is completely gone.
2. You must finish the remaining solution **No later than 4 hours before your colonoscopy appointment.**
3. Take your blood pressure, heart, thyroid, pain, anxiety and seizure medication early the morning of the procedure with sips of water if you normally take these medications in the morning.
4. Bring prescription inhalers with you



Figure 1. Importance of proper preparation¹

Fig 2. Stool