

**GOLYTELY ONE DAY OR TWO DAY COLONOSCOPY PREPARATION**

The facility will call you the day before to tell you what time to arrive for your procedure.

**5 DAYS BEFORE YOUR PROCEDURE – DO NOT TAKE: Iron pills or multivitamins. DO NOT EAT POPCORN, NUTS OR OTHER SEEDS**

**\*If you take any type of blood thinner, (Plavix, Coumadin, Effient, Pradaxa) we will contact your cardiologist and contact you with specific instructions. If you are taking 81 mg of Aspirin as a maintenance dose, you may continue to take this.** If you are unsure, please contact our office.

You may take all other medications unless otherwise instructed by your Physician.

**TWO DAYS BEFORE: CLEAR LIQUIDS ONLY**

- 1. Do Not Eat Any Solid Foods or Milk Products.** You may have clear liquids all day, such as water, coffee (without milk), tea, carbonated beverages, apple juice, white grape juice, Jello, fruit flavored drinks and powders, clear broth, bullion, hard candy and Popsicles. (Avoid any red or purple food coloring.)
- 2. At 7:00 p.m. drink one bottle of magnesium citrate (can be purchased without a prescription)**

**THE DAY BEFORE THE PROCEDURE - CLEAR LIQUIDS ONLY**

- 1. Do Not Eat Any Solid Foods or Milk Products.** You may have clear liquids all day, such as water, coffee (without milk), tea, carbonated beverages, apple juice, white grape juice, Jello, fruit flavored drinks and powders, clear broth, bullion, hard candy and Popsicles. (Avoid any red or purple food coloring.)
- 2. At 2:00 - 4:00 PM** Begin drinking one glass of GoLyteLy every 15 minutes until finished. If it makes you nauseous, take Phenergan as needed.
- 3.** If you feel you are not cleaned out, you may take one bottle of Magnesium Citrate which can be purchased at your drug store

**THE DAY OF THE PROCEDURE - NOTHING TO DRINK SIX HOURS PRIOR TO PROCEDURE. Leave all jewelry at home. Wear cotton socks and underclothes; such as sports bra without metal.**

- 1.** Please notify staff if you are a diabetic. **Do Not Take Oral Diabetic Medications or Insulin on the Morning of exam. Bring diabetes medication with you.**
- 2.** If you are taking heart, seizure, blood pressure, or breathing medications please be sure to take them about 6 am with a sip of water.
- 3.** If you use Inhalers, for breathing problems, please bring them with you to your procedure

**Please bring a list of all medications (name, dose, and how many times you take them) the day of the procedure.**

You will be administered sedation to make your test more comfortable. The medication administered impairs thinking and mobility. **Please be accompanied by a responsible driver who can take you home. You will not be allowed to take a public convenience or to drive your own car. You should not drive a car, operate machinery, or ingest alcohol for 24 hours.**

**If your procedure is scheduled at Lake Cumberland Surgery Center, please be advised Dr. Cook/Dr. Horn/Dr. Bryson has an ownership interest in the center, as do most physicians that work there. They also have ownership in GALA lab. They have privileges at other facilities and you may schedule at either facility.**