

Colonoscopy Preparation Instructions

To prepare for this procedure:

Using Golytely, Colyte, Trilyte or Nulytely – available only by prescription.

2 days before the procedure: On _____ at 10 pm, please add 1 gallon of tap water to the powder in the plastic container and refrigerate.

The day before your procedure colonoscopy:

- You will need to be on a clear liquid diet (**NO RED or PURPLE**) the entire day before your procedure. You may **not** eat solid foods or dairy products.

Clear liquids are those you can “see through”.

Examples include:

Water	Ginger ale
Strained fruit juice without the pulp	Lemon-lime soda
Tea without milk or creamer	Lemonade
Clear broth or bouillon	Plain Jell-O without added fruit or topping

- At 12 noon please take 3 Dulcolax tablets.
- At 4 pm please begin drinking the chilled solution.
You need to drink 8 oz. every 10 minutes until you have consumed the entire gallon. Keep the solution refrigerated.
- Drink plenty of clear liquids throughout the day. The clearer liquids you drink, the easier it will be to get you cleaned out.
- Nothing to drink (6) six hours prior to procedure.

On the Day of the Procedure:

Nothing to eat or drink the morning of your procedure. You should take your heart or blood pressure medications the morning of the procedure with enough water to get it down.

You will need to check in by _____ and your procedure is scheduled for _____.

Please report to:

<input type="checkbox"/> St. Michael's 111 Central Avenue Newark, NJ 07102	<input type="checkbox"/> PAC 61 Main Street, Suite D West Orange, NJ 07052	<input type="checkbox"/> Clara Maass Medical One Clara Maass Drive Belleville, NJ 07109
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****You must have someone with you to drive you home after your procedure****

****Please advise your physician if you are taking Aspirin, Coumadin, Plavix, or Lovenox.****

If you have any questions please call the office at **973-674-8866**.