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## Colonoscopy preparation with Golytely

Procedure Date:

Procedure Time \_\_\_\_\_

Arrival Time \_\_\_\_\_

**\*\*If you are taking Coumadin, Lovenox or anti platelet agents (Ticlid or Plavix) please discuss this with your doctor**

**SEVEN** days before the examination, stop Aspirin, Iron, Pepto-Bismol and supplements containing Garlic, Ginseng, Ginkgo Biloba, Ginger, Saw Palmetto, or Vitamin E. Fill your prescription at any pharmacy, Reduce intake of fruits, vegetables, nuts, berries, etc

**Three** days before the examination discontinue taking non steroidal anti inflammatory (NSAIDs-Motrin, Advil, Aleve, etc. Tylenol is permitted.

**Two days before the Colonoscopy:** Regular breakfast lunch and dinner Drink 8oz water every hour, beginning at 7am till 5pm.

### **One Day before Colonoscopy:**

- Regular **BREAKFAST**
- **LUNCH-** Clear Liquid (follow clear liquid diet)
- At this point, **NO SOLID FOOD SHOULD BE TAKEN UNTIL AFTER THE PROCEDURE**

In the morning, prepare the solution according to the instructions on the container and refrigerate it for use in the evening. The day's diet will consist of **CLEAR LIQUIDS** only, this includes: water, soda, clear broth (Fat free chicken or Beef). Gatorade, Kool-Aid, Jello, Popsicles, black coffee or tea without milk/nondairy creamer, clear fruit juices (apple, white grape, white cranberry) and hard candies. Do not drink or eat **RED** liquids or **RED Jell-o**.