

COLONOSCOPY/GOLYTELY PREP KIT

BEFORE PROCEDURE:

1. ***STOP ALL BLOOD THINNERS 3 DAYS PRIOR TO TEST, THIS INCLUDES CERTAIN SUPPLEMENTS. IF YOU HAVE ANY QUESTIONS AS TO WHAT IS ACCEPTABLE, CALL YOUR PHARMACIST OR THE OFFICE!!!! TYLENOL IS ALRIGHT TO TAKE.***
2. **PURCHASE FROM THE DRUGSTORE:**
 - A. **THE PRESCRIPTION FOR THE GOLYTELY KIT**
(Kit contains the drink mix you will need in it's own container)

2 DAYS BEFORE PROCEDURE-if necessary & instructed by the Doctor:

1. ***YOU WILL BE ON CLEAR FLUIDS ALL DAY LONG - NO SOLID FOODS! (SEE ATTACHED LIST)***

DAY BEFORE PROCEDURE:

1. ***YOU WILL HAVE OR CONTINUE CLEAR FLUIDS ALL DAY LONG - NO SOLID FOODS! (SEE ATTACHED LIST)***
2. ***NEXT: In the morning, MIX THE SOLUTION BY ADDING LUKEWARM WATER TO THE TOP OF THE LINE ON BOTTLE, You may add flavor packet if it comes with kit. COVER AND SHAKE WELL! Ok to put in refrigerator to get cold.***
3. ***Between 3 & 5PM: DRINK (1) - 8 OZ. GLASS EVERY 10 MINUTES or so, UNTIL HALF of the MIXTURE IS CONSUMED. Using a straw will make it easier. Slow down if you feel too full or nauseous! PUT THE REMAINDER IN THE FRIG!***

DAY OF, 3-4 HOURS BEFORE PROCEDURE:

1. **Have a glass of Clear Liquid if you'd like, then FINISH THE REMAINING PREP! Follow with 16-32oz. of Clears of your choice. This MUST BE COMPLETED 3-4 HOURS PRIOR TO TEST!**
2. ***YOU MAY HAVE CLEAR LIQUIDS UNTIL 3-4 HOURS PRIOR ONLY! THEN NOTHING BY MOUTH AFTER YOU FINISH DUE TO CHOKING HAZARD DURING PROCEDURE!***
3. **YOU MUST HAVE SOMEONE DRIVE YOU TO AND FROM THE TEST!!**
Hospital and Endo Center patients must arrive 1 hour prior to procedure

If you have any questions or concerns, please call the office:

Cortlandt Manor: 914-734-8224

Carmel/Pawling: 845-278-1600

ACCEPTABLE CLEAR LIQUID DIET

CHICKEN BROTH ONLY **-NO NOODLES!**

WON TON BROTH ONLY **-STRAINED!**

APPLE JUICE

GINGERALE

7-UP/SPRITE

WHITE GRAPE JUICE

WHITE CRANBERRY JUICE

ANY **DYE-FREE** FITNESS WATER

SELTZER-FLAVORED OK

COFFEE/TEA **WITHOUT MILK or CREAMERS!**

ICE POPS (**EXCEPT RED, PURPLE, OR BLUE COLORED**)

GATORADE (**EXCEPT RED, PURPLE, OR BLUE COLORED**)

JELLO (**EXCEPT RED, PURPLE, OR BLUE COLORED**)

WATER- FLAVORED OK

***OK TO MIX & MATCH- HAVE AS MUCH AS YOU WANT IF YOU'RE FEELING HUNGRY-**

MORE IS BETTER DON'T SKIMP!

ALSO OK TO HAVE BEFORE, DURING & AFTER PREP UNTIL MIDNIGHT***

****PATIENTS MAY HAVE CLEAR FLUIDS UNTIL 3-4 HOURS PRIOR TO PROCEDURES THEN NOTHING! ****