

311 E 79 th St.	16 E 52 nd St.	68 E 86 th St.	1150 Fifth Ave.	300 Cadman Plaza	620 Columbus Ave.
212-996-6633	212-826-3903	212-535-1845	212-369-2490	718-280-0020	212-721-2600

**48 Hour Colonoscopy Preparation Instructions:
Golytely**

Time	Instructions	
<u>1 Week Before Procedure</u>	<ul style="list-style-type: none"> Buy at local pharmacy: <ul style="list-style-type: none"> 2 Gatorade Bottles 32oz each (NOT Red, Orange, or Purple) 4 Dulcolax tablets 5mg each for a total of 20mg 2 separate 10oz bottles of Magnesium Citrate for 20oz total Make sure you have your preparation medication (Golytely) by this time 	
<u>1 Week Before Procedure</u>	<u>Avoid High Fiber Foods including:</u> <ul style="list-style-type: none"> Raw Fruits & Vegetables Whole Wheat Bread/ Crackers Seeds Nuts Popcorn, Bran Quinoa Corn 	<u>Begin a Low Fiber Diet such as:</u> <ul style="list-style-type: none"> White Bread & Rice Eggs White Meat (Turkey, Chicken) Fish Cheese Yogurt Milk Cooked Vegetables
<u>48 Hours (2 days) Before Procedure</u>	<ul style="list-style-type: none"> <u>NO Solid food Only Clear Liquid including:</u> <ul style="list-style-type: none"> Water Apple, White Grape, & White Cranberry juices without pulp Clear soup Broth Tea or Coffee (No milk, cream) Gatorade / Powerade (No Red, Orange, or Purple Colors) Jell-O (No Red, Orange, or Purple Colors) Popsicles or Sorbet (No Red, Orange, or Purple Colors) No Alcohol 	
<u>2 Days Before Procedure at 12 Noon</u>	<ul style="list-style-type: none"> Take all 4 Dulcolax tablets with the first 32oz Gatorade bottle (NOT Red, Orange or Purple) 	
<u>2 Days Before Procedure at 3pm</u>	<ul style="list-style-type: none"> Drink 1 of the 10oz bottles of Magnesium Citrate 	
<u>2 Days Before Procedure at 5pm</u>	<ul style="list-style-type: none"> Drink second 10oz bottle of Magnesium Citrate After, slowly drink the second 32oz Gatorade bottle before the end of the day 	

Instructions continued on page 2



48 Hour Colonoscopy Preparation Instructions Continued:
Golytely

<u>24 Hours Before Procedure</u>	<ul style="list-style-type: none"> • Prepare Golytely <ul style="list-style-type: none"> • Fill container to “fill” line with water and mix until dissolved • Chill if desired • <u>NO Solid food Only Clear Liquid</u> including: <ul style="list-style-type: none"> • Water • Apple, White Grape, & White Cranberry juices without pulp • Clear soup Broth • Tea or Coffee (No milk, cream) • Gatorade / Powerade (No Red, Orange, or Purple Colors) • Jell-O (No Red, Orange, or Purple Colors) • Popsicles or Sorbet (No Red, Orange, or Purple Colors) • NO Alcohol
<u>5pm Night Before Procedure</u> <u>Dose 1</u>	<ul style="list-style-type: none"> • Drink the first half of the solution steadily over the next hour and a half <ul style="list-style-type: none"> • Drink 1 cup (8oz) every 10 minutes or so for a total of 8 cups (64oz) • Half of the solution should remain in the container • Re-chill the remaining half if desired
<u>After Dose 1</u>	<ul style="list-style-type: none"> • Continue drinking Clear liquids • Drink at least 2 more cups (16oz) of clear liquids throughout the day
<u>Dose 2</u> Taken 6 hours prior to procedure time	<ul style="list-style-type: none"> • Drink the second half of the solution steadily over the next hour and a half <ul style="list-style-type: none"> • Drink 1 cup (8oz) every 10 minutes or so for a total of 8 cups (64oz) • The container should now be empty
<u>After Dose 2</u>	<ul style="list-style-type: none"> • Continue drinking Clear liquids up to 3 hours before procedure
<u>3 Hours Before</u>	<ul style="list-style-type: none"> • Nothing to eat or drink (other than essential medications) 3 hours before procedure

<u>Important</u>	
If you are taking any of these medications, please contact your medical specialist (i.e. Cardiologist) and inform your gastroenterologist if you will be staying on these medications ASAP.	<ul style="list-style-type: none"> • Heparin, Lovenox, Warfarin (Coumadin), Rivaroxaban (Xarelto), Apixaban (Eliquis), Edoxaban (Lixiana, Savaysa), Betrixaban (Bevyxxa), Clopidigrel (Plavix), Prasugrel (Effient), Dabigatran (Pradaxa), Bivalirudin (Angiomax), Argatroban (Argatra, Novastan, Arganova, Exembol), and Desirudin (Iprivask, Revasc).
If you are diabetic	<ul style="list-style-type: none"> • Contact your Primary care doctor right away for instructions regarding your medications
If you are taking blood pressure medication	<ul style="list-style-type: none"> • DO NOT skip your blood pressure medication including the day before and day of your procedure
Female patients of childbearing age will be required to submit a urine sample for a pregnancy test upon arrival	

<u>Please arrive at least 1 hour prior to your appointment time</u>
If you experience nausea, bloating or vomiting, try drinking the solution more slowly or cooling the solution on ice. Note: Individual responses to laxatives do vary; this prep may cause multiple bowel movements. This prep often works within 30 minutes, but it may take as long as 4-6 hours.
If you are over the age of 70, someone must take you home after the procedure. Do not drive for 8 hours after your procedure.
If you have any questions, please feel free to call your doctor’s office. Our phone numbers are listed above, and we will be happy to help you.

<p>Please notify our office as soon as possible if you need to cancel your procedure. You will be charged a cancellation fee of \$250.00 if the procedure is <u>not</u> cancelled at least 48hrs before your scheduled procedure time.</p>
