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| 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 | |
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| <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 (NO red, orange, or purple colors) 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"> NO solid foods, only clear liquids 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>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 (NO red, orange, or purple colors) | |
| <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 | |

* 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 not cancelled 48hrs before your scheduled procedure time.

Instructions continued on page 2



48 Hour Colonoscopy
Preparation Instructions Continued:

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| <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>Continue: NO solid foods, only clear liquids 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>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> | |
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| If you are taking any of these medications please contact the office 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 | |

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| Please arrive at least 30 minutes prior to your appointment time |
| 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. |
| Someone must accompany you and 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. |