

PLEASE READ IMMEDIATELY:

Getting ready for Colonoscopy Golytely prep

TWO DAYS: _____ NO raw vegetables or fruits. No nuts and seeds including popcorn. These things can be more difficult to cleanse from the colon.

On Day before your test (THE WHOLE DAY): _____ Start a clear liquid diet. For example WATER, Flavored Water, Apple Juice, White grape juice, lemonade. Ginger ale, soda like mountain dew and sprite. Black coffee or tea with NO milk or creamer is OK. Gatorade, chicken or beef broth or bullion, jello and popsicles can be eaten. These products are the only food to be taken for breakfast, lunch and dinner DAY BEFORE TEST . **Don't drink anything red or purple. Do not eat any solid food.**

You can have a clear liquid diet up to 3 hours before the time of your test.

The bowel preparation solution will come in a bottle or jug labeled PEG 3350 or (Golytely). Use the enclosed prescription to get this from your pharmacy. **Buy Dulcolax laxative tablets over the counter if you do not have any already.**

Mix this prep with water in the morning the day before your test and put it in the fridge. Flavor packets usually come with the jug.

Drink half the prep solution at 4 pm. You will drink the other half at Midnight. Try to keep it down but if you are unable to do so you can take 4 Dulcolax laxative tablets to replace the prep you vomited.

In between drinking your solution at 8pm you will take 2 dulcolax tablets.

With this prep your stool should become clear by the morning of your test.

If you have any questions please call the office 314-529-0661 or you could visit our website colonage50.com and watch the video for colon prep and to download forms.

TURN PAGE OVER FOR ADDITIONAL INFORMATION

YOU WILL NEED A RIDE THE DAY OF YOUR PROCEDURE! Medical transportation through insurance is allowed. You will be receiving anesthesia. You can NOT use an Uber or Taxi service.

Medication Reminders:

STOP taking Aspirin, Aleve, Motrin, Advil, Ibuprofen **5 DAYS** before your procedure

STOP taking iron pills **5 DAYS** before your procedure.

STOP taking Coumadin, Warfarin, Effiant or Plavix, Brilinta **3 DAYS** before your procedure.

STOP taking Eliquis, Pradaxa, and Xeralto **2 DAYS** before your procedure.

If you are DIABETIC and you take pills, do not take your pills on the morning of your procedure. If you are a DIABETIC and you are on Insulin take HALF your usual dose the day before but NONE on the morning of your procedure. Check your blood sugar one morning of your procedure if over 300 call 314 373 8931 ask for an anesthesia provider.

Take your medicines for blood pressure, heart, anxiety, seizure and asthma the morning of your procedure with sips of water. Bring any inhalers you use with you.

Cannabis Use: To ensure your safety and the success of your procedure, please abstain from all forms of cannabis (including smoking, vaping, edibles, etc.) for at least 1 day prior to your surgery. Cannabis use can affect anesthesia and may increase the risk of complications.