

Gastroenterology Specialties, PC
Modified 2-Day Prep with GoLyteLy – Dr. C. Antonson

****IMPORTANT COLONOSCOPY DIET & PREP INSTRUCTIONS ****

Admit Time: Please check in 45 minutes prior to your procedure time.

General instructions for Colonoscopy

1. You will be contacted the week prior to the procedure to review your medical history, unless you have been seen in the office within 30 days.
2. Have a list of your medications available when the nurse calls. Medication instructions will be given to you at that time.
 - **Blood thinning medications such as Warfarin (Coumadin), Plavix, Pletal, Heparin, Aggrenox or Effient MAY need to be held for 5 days prior to the procedure.**
 - Aspirin dose MAY need to be reduced for 5 days prior to the procedure.
 - Arthritis medications such as Celebrex, Ibuprofen (Advil, Motrin, Nuprin) or Naproxen (Aleve) may need to be held prior to the procedure.
3. Do not stop any medications prior to your procedure unless you have been instructed to do so.
4. You will need to buy one (1) bottle of Miralax and Bisacodyl 5mg tablets. These are available over the counter without a prescription.

2 DAYS PRIOR TO YOUR PROCEDURE:

1. **CLEAR LIQUIDS ONLY** for the entire day. Clear liquids include water, broth, clear juices without pulp, black coffee, tea, sports drinks, flavored waters, Kool-Aid, soda and Jell-O (no fruit or toppings). Drink as much as possible throughout the day. Nothing red, blue or purple colored. **NO SOLID FOODS, MILK OR DAIRY PRODUCTS.**
2. At 8:00AM, mix 1 capful (17GM) of Miralax in 8oz of water and drink.
3. At 5:00 PM, take two (2) Bisacodyl 5mg tablets. Mix 1 capful (17GM) of Miralax in 8oz of water and drink.

THE DAY PRIOR TO YOUR PROCEDURE

1. Continue the clear liquid diet for **THE ENTIRE DAY**. Drink as much as possible throughout the day.
2. At 8:00AM, take two (2) Bisacodyl 5mg tablets.
3. **GOLYTELY INSTRUCTIONS:**
 - The morning before your procedure, empty 1 flavor packet of choice into the plastic container provided. Fill to the top line with lukewarm water, stir & refrigerate.
 - Begin drinking GolyteLy at 5:00PM. Drink an 8oz glass every 10 minutes until ½ gone. Follow with 16oz of clear liquid of your choice. Refrigerate the remaining prep.

THE DAY OF YOUR PROCEDURE:

1. Four (4) hours before your check-in time, begin drinking the second ½ of GoLyteLy. Drink an 8oz glass every 10 minutes until gone. Follow with 16oz of clear liquid of your choice.
2. You may continue the clear liquid diet until 2 hours prior to your procedure, and then stop drinking.
3. Take only the medications you have been instructed to take prior to your procedure.
4. If you are diabetic, check your blood sugar before you come and bring the result with you.
5. You **MUST** bring a responsible adult to drive you home after your procedure. No public transportation.
6. Please review your post-procedure instructions before resuming any medications.