

GOLYTELY AKA PEG3350 COLONOSCOPY INSTRUCTIONS

Try to avoid fruits and vegetables for 2 days before colonoscopy.

Medications that must be stopped **FIVE** days before the procedure: Aspirin, Plavix (clopidogrel), Coumadin (warfarin), Xarelto, and NSAIDS (ex: Motrin, Advil, Naproxen, Celebrex, Ibuprofen) **blood thinners would require clearance (the ok to be stopped) from Prescribing MD.**

INSTRUCTIONS FOR THE DAY BEFORE COLONOSCOPY:

NO FOOD THE ENTIRE DAY BEFORE PROCEDURE

Note: Before beginning the following steps, make sure the 4 Bisacodyl tablets are included- if not you are to purchase Dulcolax laxative 5mg over the counter

You must remain on a CLEAR liquid diet the entire day before your

procedure. Clear liquids include: Water, Strained fruit juices (no pulp) including apple, white grape or white cranberry, Limeade or lemonade, Coffee or tea (do not use any milk/cream, you may use sugar or lemon), Chicken broth, soda, Gatorade, popsicles, and Jell-o . Please **do not** have any dairy products or **anything red or purple** in color.

Around 10 a.m., create your Golytely (Peg3350) solution and refrigerate if you like it cold.

Fill the plastic container with water up to the fill line. Close the cap, shake well, and chill in the refrigerator.

Around 12 p.m., take the 4 Dulcolax (Bisacodyl) tablets

Bowel movement usually occurs within 1-2 hours don't worry if no movement occurs within 3 hours.

Around 4 p.m., start drinking the Golytely (Peg3350) solution

Start drinking the Golytely(peg3350) solution as tolerated (best way is 8 ounces every 15-20 minutes) until it is finished. You can use a straw, if you feel nauseous or bloated, stop rest then continue.

YOU WILL NEED TO DRINK ALL 4 LITERS!

You may continue drinking clear liquids until midnight.

THE DAY OF THE COLONOSCOPY:

Do not eat or drink anything after midnight.

Medications are to be taken **AFTER** the procedure is over with the exception of the following...

Take ONLY your Blood pressure, heart, and seizure medications with a tiny sip of water.