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## **COLONOSCOPY W/ GOLYTELY**

### **Day Before Examination**

You may have a LIGHT BREAKFAST. For LUNCH AND DINNER, LIQUIDS ONLY (such as clear juice, tea, clear broth, soda, sorbet, clear Jello), on the DAY BEFORE the procedure. No red liquids/ Jello or milk products. **You should NOT have any more food or liquid after midnight.**

**Step 1 Mix Golytely Solution** Add lukewarm drinking water to top of line on bottle. Cap the bottle and shake to dissolve the powder. The mixed solution will be clear and colorless. Add flavoring pack to the solution if desired.

### **Step 2 Drink All the Solution**

At 7:00pm, start drinking Golytely solution (10oz) every 20 minutes until the jug is empty. A watery bowel movement should begin approximately within 1 hour. BE SURE TO DRINK ALL THE SOLUTION.

**You will still have loose bowel movements for about 1-2 hours after you finish drinking the solution.**

**Remember: If you are on INSULIN or ORAL DIABETES MEDICATION or COUMADIN, or PLAVIX, or any other blood thinners please inform Dr. Shim and obtain specific instructions with regard to these medications. DO NOT TAKE ANY IRON TABLETS, ASPIRIN OR MEDICATIONS THAT CONTAIN ASPIRIN (such as ALKA-SELTZER, EXCEDRIN); or non-steroidal, antiinflammatory medications (such as MOTRIN or INDOCIN) for one week prior to your procedure. If you are on MEDICATION FOR HYPERTENSION OR HEART DISEASE, you should take your medications at least 2 hours prior to your scheduled appointment. Because you will receive intravenous sedation, you should have someone to escort you home.**

### **Commonly asked Questions:**

#### **How do I know if my prep is adequate?**

- The stool should be watery in consistency. It does not have to be clear in color like water since digestive juices will continue to tint the stool yellow & small flecks of debris are not a problem as long as the stool is not muddy or thick.

#### **Will the prep interfere with my other medications?**

- Medications taken at least an hour before beginning the prep should be adequately absorbed, but thereafter, they are likely to be washed away by the prep.

Your colonoscopy will take place on:

**Date:** \_\_\_\_\_

**Time:** \_\_\_\_\_

Please arrive 30 minutes before your appointment at:

Westside GI, LLC  
619 W. 54<sup>th</sup> st. 8<sup>th</sup> fl  
NY, NY 10019  
(212) 889-3142

Hudson Crossing ASC  
2 Executive Dr.  
Fortlee, NJ 07024  
(201) 292-31475