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INSTRUCTIONS FOR COLONOSCOPY PREP
Golytely or PEG-3350 with Electrolytes

The colon (large intestine) will be examined with a thin flexible scope. The tube will be inserted in your rectum and advanced through your entire colon. Biopsies (tissue samples) may be taken and/or polyps removed. Allow yourself to be at the endoscopy center for 2 hours (test takes less than an hour). **The test is done with sedation and you must have. someone drive you home.**

If you are on certain medications such as Coumadin, Eliquis, Xarelto and Pradaxa, please check with the doctor if you need to hold it prior to your procedure.

Do not take Iron (Ferrous Sulfate) 7 days before the procedure.

Do not take foods with seeds (such as poppy, watermelon, cucumbers, tomatoes); celery, seaweed, popcorn and nuts 7 days before the procedure.

DAY BEFORE PROCEDURE

No solid food and milk the day before your colonoscopy. You will be on a **clear liquid diet**, which includes fruit juices without pulp, clear broth or bouillon, plain jello but no red, carbonated and non-carbonated soft drinks, ice popsicles, coffee, tea and fruit flavored drinks.

At 8:00 am add water to the container of Golytely making a total volume of 4 liters solution and put in the refrigerator

At 5:00 pm the day before, take 2 liters of the Golytely solution over the next hour. You may feel bloated from the liquids and walking will help, but stay close to the bathroom. If the solution makes you nauseated, using a straw may help get it down. You may continue drinking any clear liquids after finishing the solution.

DAY OF PROCEDURE

Five hours before your colonoscopy, drink the rest of the solution. You can not drink anymore liquids after this.

Take your blood pressure, asthma and heart medications in the morning of the exam with a little sip of water.