HAL N BUCH, MD, PC

BOARD CERTIFIED GASTROENTEROLOGIST
117 MARYS AVENUE, SUITE 201, KINGSTON, NY 12401
PHONE: (845) 331-8146, FAX: (845) 331-3314

PATIENT NAME: _____

PROCEDURE: COLONOSCOPY **FACILITY:** OFFICE

DATE OF PROCEDURE: _____ ARRIVAL TIME: _____

AVOID aspirin/aspirin products, Advil/Motrin/Aleve/Ibuprofen, Vitamin E (multi-vitamins w/E), fish oil, flaxseed oil or foods with SEEDS for 5-7 days prior to procedure. (Tylenol and acetaminophen products are okay.)

****YOU must consult your prescribing physician about stopping: Coumadin, Plavix, Pradaxa, Eliquis, or Xarelto, prior to a procedure if you take these medications or a generic equivalent.**

****YOU must consult your prescribing physician about diabetic medication and insulin dosages prior to a procedure if you are a diabetic.**

YOU MUST HAVE SOMEONE TO DRIVE YOU HOME THE DAY OF A PROCEDURE. NO DRIVING THE REST OF THE DAY; ADULT SUPERVISION FOR 12-24 HOURS AFTER THE PROCEDURE.

[ ] **GOLYTELY PREP**
The **day before** the procedure:

All day, ****CLEAR LIQUIDS ONLY**** for breakfast, lunch, dinner.

This includes: Broth, tea, coffee(without milk), Gatorade, Crystal Lite, ice pops, soda, apple juice, white grape juice, tap or bottled water, yellow or green Jell-O. It is also important to drink broth for salt intake and juice or soda for the sugar intake. **Avoid items with artificial red dye**.

Start the Golytely prep at: **4pm**.

Drink 8oz of Golytely every **15** minutes until finished.

Hints: If you have trouble with the taste or keeping Golytely down:

- Refrigerate 1-2 hours prior to drinking.
- Drink the Golytely slowly but continuously, don't chug.
- **Drink through a straw!**
- Drink 8oz every **20** minutes (or take a break if needed).
- Flavor the Golytely with a sugar-free, no red dye, drink mix.
- Dilute Golytely with extra water/liquids (sugar-free/clear/no red dye). Finish **all** the prep.

NOTHING TO EAT OR DRINK AFTER MIDNIGHT. NOTHING UNTIL AFTER THE PROCEDURE.