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Your procedure date is _____ Please arrive at _____ am/pm

Colonoscopy Instructions
Step 1: At your pharmacy purchase:

- GoLytely (prescription) mix with water as directed.
- Dulcolax tablets x 4 (generic is ok) purchase over the counter

If you have constipation, buy a 10oz bottle of Magnesium Citrate and drink it two nights before your procedure

Step 2: The day before your procedure

You may have a light breakfast, no fruits, no vegetables, no meat and continue to have clear liquid diet:

Clear liquid diet

Water	Tea (Caffinated or Decaf)
Gatorade (No red, orange or purple)	Clear fruit juices - Apple, white grape, lemonade
Clear beef or chicken broth	Popsicles or Jello – light colored No red, purple,
Coffee- (no cream or milk), you may add sugar or sugar substitute	

At approximately 4:00pm, take the 2 Dulcolax tablets, ½ hour later take an additional 2 tablets.

Approximately 1 ½ hours later (5:00pm – 7:00pm)

Start the GoLytely prep, follow the instructions provided. Drink an 8 oz. glass every 10-15 minutes until the solution is gone. You may continue to drink clear fluids until bedtime. If you become nauseated or feel bloated, you may slow down or stop until bowel movements begin and resume the prep a couple of hours later.

****** IT IS IMPORTANT TO FINISH THE ENTIRE PREP*******

Do not eat or drink anything after midnight the night before your Procedure

Step 3: The morning of your procedure you may take your blood pressure, heart medication with a small amount of water. If you are on Insulin the nurse will give you instruction concerning usage. Patients taking Plavix, or anti-inflammatory medication: ASA, Motrin, Ibuprofen, Aleve, Naprosyn, Mobic, quit taking these medications 5 days prior to your procedure, they act as a blood thinner. PATIENTS TAKING COUMADIN OR PLAVIX: Dr. Jeffers will give you specific instructions regarding when to stop taking these medications. If you have a biopsy or polyp removed during your procedure, Dr. Jeffers will advise you when to resume the medication.