



PREMIER GASTROENTEROLOGY

CONSULTANTS

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COLONOSCOPY INSTRUCTIONS

Place: _____ Date: _____ Time: _____

- Please pick up the prescribed medication from your pharmacy 2-3 days prior to the procedure date
- Please make arrangements for someone to drive you home after the procedure, as you will receive conscious sedation.
- For any reasons, if you cannot keep this appointment, please call our office at least 24 hours in advance.
- If you should have any questions regarding the procedure or its preparation please call our office between 9am to 4 pm.

Please adhere to the following instructions:

Day before the procedure:

1. **DIET:** Clear liquid diet for breakfast, lunch and dinner. **NO SOLIDS, MEATS OR VEGETABLES.**
Clear liquids include water, clear chicken broth, soups (except tomato), Jell-O (not red), clear juices, coffee and tea without milk, Gatorade, lemonade and popsicles.
2. Take **3** tablets of **Dulcolax** (5 mg each) at **2 pm** with 2 glass of water.
3. At **5 PM**, mix **Golytely** powder with water in the gallon as directed and take one glass every 15 minutes until finished.
4. Continue to drink clear liquids though out the day.
5. Do not drink or eat anything except medications after midnight.

Day of the procedure:

1. Take **2** tablets of **Dulcolax** with a few sips of water when you wake up in Morning
2. Take all your diabetes, blood pressure medications with small sips of water as routine.
3. Please discussed with your physician if you are taking any blood thinners such as; Coumadin, Xarelto, and Pradaxa.