

## Colonoscopy and Prep Instructions

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General Surgery

Your colonoscopy appointment:

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

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

Location: Minden Medical Center

If you are taking any blood thinners such as:

- Coumadin
- Plavix
- Aggrenox
- Pradaxa
- Effient
- Aspirin

Stop taking them 5 DAYS *before* your procedure.

### THE DAY BEFORE YOUR PROCEDURE

Stick to a liquid diet. You can have:

- Jello (yellow, green or orange)
- Apple Juice
- Chicken Broth
- Coffee (no creamer)
- Clear Soda( Sprite, 7-Up, Ginger Ale)
- Gatorade (yellow, green, or orange)
- Powerade (yellow, green, or orange)

**NO RED OR PURPLE OR BLUE LIQUIDS!  
NO MILK PRODUCTS, OR ALCOHOL!**

### PREP INSTRUCTIONS

- Prepare your GoLYTELY ahead of time.
  - Fill container with warm water
  - Shake well until powder is dissolved.
  - Place container in refrigerator

**12:00 pm (noon)**

- Drink a bottle of Magnesium Citrate.
- Drink one 8-ounce glass of GoLYTELY mixture rapidly every 10 minutes.
  - If you get nauseated, drink some broth between glasses of prep.
- Finish the entire gallon of GoLYTELY in 3 hours or less.

You will begin to have loose stools within 1 to 2 hours after you start drinking the GoLYTELY.

**\*\*\*DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT\*\*\***

### THE DAY OF YOUR PROCEDURE

- You may take blood pressure and/or heart medication in the morning with a very small sip of water.
- Bring someone to drive you home due to the sedation given during the procedure.