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## COLONOSCOPY PREPARATION – GOLYTELY PREP

PATIENT NAME: \_\_\_\_\_ Chart #: \_\_\_\_\_

### APPOINTMENT LOCATION:

\_\_\_\_ Carnegie Hill Endo: 1516 Lexington Avenue (98<sup>th</sup> Street) NY, NY 10029  
Phone:(212) 860-6300

**\*\* You must arrive 45 MINUTES prior to your appointment time to register\*\***

APPOINTMENT DATE: \_\_\_\_\_ ARRIVAL TIME: \_\_\_\_\_

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### PLEASE NOTE:

- Do not take Aspirin one week before the procedure (Please check with your Primary doctor to confirm this).
- Do not take Iron products one week before the procedure.
- Avoid anti-inflammatory drugs (Advil, Motrin, Aleve, etc.) 1 day before the procedure.
- Please call us immediately if you are on Coumadin or Lovenox.
- Tylenol is ok to take up until the day before procedure.

**Fill the prescription at the pharmacy: GOLYTELY 1(ONE) jug (4L).**

**DIET: NO SOLID FOOD ON THE DAY BEFORE YOUR EXAMINATION. YOU MAY TAKE THE FOLLOWING ALL DAY:**

#### **ON THE DAY BEFORE COLONOSCOPY:**

Drink plenty of clear liquids- water, tea, coffee, broth, jello, fruit juice and carbonated drinks are included. **DO NOT TAKE RED LIQUIDS OR DAIRY**. Nothing should contain seeds or nuts.

**IN THE MORNING:** Fill the container with water to the “fill line”. Cap the bottle and shake well to dissolve the ingredients. (Suggestion: Put it in the refrigerator since it will taste better cold.)

- **At 5:00 pm-** Start drinking the solution. Drink an 8 oz. glass every 10 minutes until the solution is gone.
- You will have consumed several glassfuls before having the first loose stool, watery bowel movement. Initially, you may feel slightly bloated, but will become more comfortable as you continue to have bowel movements. It will take approximately 3 hours to finish the solution. Diarrhea will continue for about one hour after you finish drinking the solution. Continue drinking clear fluids only until midnight.

**NOTHING BY MOUTH THREE (3) hours PRIOR THE PROCEDURE.NOT EVEN WATER**

**You MUST have someone to accompany you to take you home after the procedure. Do not drive for 8 hours after the procedure.**

**IF YOU HAVE ANY QUESTIONS, PLEASE FEEL FREE TO CALL OUR OFFICE AT (212) 369 2490 AND WE WILL BE HAPPY TO HELP YOU.**

X \_\_\_\_\_ Please sign and return sheet on date of Procedure