Colonoscopy Preparation:
GoLytely/PEG 3350 - Split Dose
(Colyte, GaviLyte, NuLytely)
Please call the Endoscopy Nurse at 716-845-8546 or 716-845-1424 if you have any questions.
Dietary Restrictions:

4 days before Colonoscopy:
- Stop eating foods that are high in fiber, and do not resume high fiber foods until after your colonoscopy.
  - Examples of high fiber foods: salads, corn, popcorn, green vegetable, brown rice, whole grain bread, beans, seeds, nuts.

Medication Instructions

- Please tell your nurse about all the medications you are taking. They will instruct you to take certain medications with a sip of water the morning of your procedure.
- If you take any medications to treat or prevent blood clots, someone from the Anesthesia Department will review your medications.
- If your doctor gives you different instructions, ALWAYS follow your doctor’s instructions.

7 days (1 week) before the procedure, stop taking:
- vitamins, herbal medications, supplements

3 days before the procedure, stop taking non-steroidal anti-inflammatory medications (NSAIDs) such as:
- diclofenac (Voltaren®)
- etodolac (Lodine®)
- ibuprofen (Advil®/ Motrin®)
- ketoprofen
- meloxicam (Mobic®)
- naproxen(Aleve®/Anaprox®)
- piroxicam (Feldene®)
- sulindac (Clinorial®)
Bowel Preparation Medications

Bowel preparation solution: Your doctor will send a prescription for PEG 3350 and 6 Dulcolax® (bisacodyl) laxative tablets. Call us at 716-845-8546 if your pharmacy did not receive the prescription.

The Day Before Your Test

You will be on a clear liquid diet **ALL** day.

(See page 5 for clear liquid diet suggestions)

<table>
<thead>
<tr>
<th>Time</th>
<th>What You Need to Do - The Day Before Your Procedure</th>
</tr>
</thead>
<tbody>
<tr>
<td>Early morning</td>
<td>Mix the bowel prep solution (PEG 3350®), add water to the fill line, and put it in the refrigerator.</td>
</tr>
<tr>
<td>12 pm (noon)</td>
<td>Take 2 Dulcolax® laxative tablets and drink 2 large glasses of water</td>
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<tr>
<td>4 pm</td>
<td>Take 2 Dulcolax® laxative tablets and drink 2 large glasses of water</td>
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</tbody>
</table>
| 4:30 pm - 6:30 pm (cont. on pg. 5) | • Begin drinking the bowel prep (PEG 3350) solution. **Drink half of the PEG 3350® solution** (about 2 liters). **This is one 8-ounce glass every 10-20 minutes.** Put the remaining half in the refrigerator for later.  
• If you vomit, stop for 1 hour, and then begin drinking again. If this reoccurs and you feel |
4:30 pm - 6:30 pm

you can’t complete the prep, STOP and call 716-845-1424. Leave a message and we will contact you the next business day to reschedule your appointment with a different prep.

<table>
<thead>
<tr>
<th>Time</th>
<th>What You Need to Do – The Day of Procedure</th>
</tr>
</thead>
<tbody>
<tr>
<td>12 am (midnight)</td>
<td>After midnight, do not eat or drink anything EXCEPT the remaining bowel prep and instructed medications with a small sip of water.</td>
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<tr>
<td>Start 6 hours before your arrival time</td>
<td>Take the last 2 Dulcolax® tablets and drink the remaining 2 liters of PEG 3350® solution over 2 hours.</td>
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</tbody>
</table>

Suggestions for a Clear Liquid Diet

**Remember to avoid all red and purple colors.**

- Soft drinks (orange, ginger ale, cola, lemon/lime, etc.)
- Sports drinks (Gatorade or Powerade) or Kool-Aid
- Fruit juice without pulp (apple, lemonade, white cranberry, white grape)
- Popsicles or lemon ice (no sherbets, sorbets, or fruit bars)
- Water, flavored waters, tea or coffee (you can add sugar, but **NO milk or creamers**)
- Chicken, beef, vegetable broth or bouillon – no added meats, noodles, or vegetables
- Hard candy, Jell-O
The Day of the Procedure – At Home

• Take your medications as instructed by the nurse or anesthesia team.
• Remove all piercings and jewelry, including rings.
• Remove contact lenses.
• **Remember to bring a responsible driver with you who can take you home - or your procedure will be cancelled.**
• If your driver is not present, we will call to verify your ride.
• If you are coming by medical transportation or a cab, you must have a responsible adult ride with you.

The Day of the Procedure – At the Hospital

• If you are a new patient, please stop at the registration desk in the main lobby. Please bring photo ID and insurance cards.
• Proceed to 3 West/Ambulatory Surgery Center on the third floor and check in with the receptionist.
• Be prepared to spend 3-4 hours at the hospital.

After Your Procedure

• Your doctor will discuss the results of the procedure with you after you are awake in the recovery room.
• You will be given discharge instructions explaining how to care for yourself at home and when to call the doctor.