

Colonoscopy Preparation-Split Prep

GoLYTELY, NuLYTELY, HalfLytely, etc. (PEG-3350)

7 Days before Procedure:

Read all materials that have been sent to you.

If you take insulin, diabetes medications, warfarin (Coumadin), Lovenox, Aspirin, clopidogrel (Plavix), or other blood thinners, please follow your doctor's specific instructions regarding these medications.

Stop taking all vitamins, herbal supplements, iron and Pepto-Bismol.

Stop taking any IBUPROFEN or Anti-Inflammatory medications 7 days prior to your test. (Advil, Naproxen, Aleve, etc)

It is ok to take Acetaminophen or Tylenol.

Pick up the colon cleansing medications from your pharmacy.

2 Days before the Procedure:

Do not eat corn, lettuce, popcorn, or any food with seeds (cucumbers, tomatoes, strawberries, raspberries)

1 Day before the Procedure:

No solid food all day—only a clear liquid diet including:

Water, clear broth, coffee or tea (No MILK or CREAMER)

Clear soda or sport drinks, Jell-O, hard candy, popsicles, or clear fruit juice—apple, white grape (NO RED or PURPLE)

Early Morning of Day BEFORE Procedure: Mix the colon cleansing solution (Prep)

Follow the mixing instructions provided with the solution or by the pharmacy.

The mixed solution (Prep) will be clear and colorless. Do not add anything else, such as flavorings (other than what comes with the Prep) to the solution.

Place the mixed solution in the refrigerator to keep cold.

Between 5-6 pm : Drink the colon cleansing solution (Prep)

Drink an 8oz glass using a straw, every 10-20 minutes until the bottle is 3/4 empty. Be sure to drink the 3/4 of the bottle (approximately 12 glasses).

You may still drink clear liquids. You will have diarrhea 1-2 hours after drinking the solution.

MORNING OF THE EXAM

At FOUR hours prior to the time you are scheduled to CHECK IN, drink the rest of the colon cleansing solution. (This may mean you are drinking this very early in the morning. You must follow the instructions)

Drink an 8oz glass every 10-20 minutes until the bottle is empty. (Using a straw may help)

You **MUST BE** done drinking all fluids 2 hours prior to your check in time

Do take your heart or blood pressure medication the morning of the exam with a small sip of water

Bring a list of your medications with you to the test

YOUR TEST WILL BE CANCELLED IF YOU HAVE NOT DONE THE PREP OR IF YOU DO NOT HAVE AN ADULT DRIVER TO TAKE YOU HOME

SPECIAL INSTRUCTIONS: HOLD THE FOLLOWING MEDICATIONS AS INDICATED. ONLY IF CHECKED BELOW

Antiplatelet agents such as : Aspirin, Dipyridamole (Aggrenox), Brilinta, Clopidogrel (Plavix), Prasugrel(Effient) **Hold for** _____ days before procedure

Blood thinners such as: Warfarin (Coumadin), Pradaxa, Xarelto **Hold for** _____ days before procedure

Diabetes Medication: Bring your am blood sugar level, insulin, or diabetes medication with you. Do not take your am insulin or diabetes medication

Other _____