

**TWO-DAY PREP COLONOSCOPY INSTRUCTIONS SHEET/GOLYTELY**

To schedule your colonoscopy or if you have any questions about your procedure, call Dr. Barbagiovanni's office at (217) 222-6550, option #1, extension 3636.

Your appointment for your colonoscopy is \_\_\_\_\_ at the Surgery Center of Quincy, 1100 Spring Street.

**TIME:** Blessing Hospital Prep Clinic staff will call you with the tentative time of arrival approximately 3-5 days prior to your procedure. Blessing Hospital Prep Clinic is open 8 a.m. to 4:30 p.m. If you need to cancel the day of the procedure, call the GI Center at (217) 277-3505. **DO NOT CALL THIS NUMBER TO SCHEDULE THE APPOINTMENT.**

1. **DAY ONE:** Be on a full-liquid diet all day \_\_\_\_\_. Full liquids allowed are: milk, milk products including non-dairy creamers, coffee (black), tea, water, clear fruit juices (grape, apple, cranberry), bouillon, jello, soda, popsicles, and Gatorade. No solid food.

Drink one bottle of magnesium citrate at 6 p.m. and drink plenty of fluids after drinking the magnesium citrate.

2. **DAY TWO:** Be on a clear-liquid diet all day \_\_\_\_\_. Clear liquids are anything you can pour into a glass and see through. Liquids allowed are: coffee (black), tea, water, clear fruit juices (grape, apple, cranberry), bouillon, jello, soda, popsicles and Gatorade. No solid food, milk or milk products including non-dairy creamers.
3. You will need to pick up your GoLYTELY Prep solution at a pharmacy.
4. Start GoLYTELY Prep 4 p.m. Drink one 8-ounce glass every 15-20 minutes. You may place the solution on ice – but no other additives.

**WHAT TO EXPECT:**

After 3 hours of drinking prep, stools should be watery and you should be able to see through toilet water. If not, call Physician Exchange at (217) 222-2088.

5. You may continue with clear liquids until 2 hours prior to the procedure.
6. Since you will have a mild sedative after you arrive at the GI Center, you must be accompanied by someone who can drive you home after your procedure.
7. You must **DISCONTINUE** the following medications 7 days prior to your procedure: aspirin, Motrin, ibuprofen, Nuprin, Advil, Aleve, any type of arthritis medication, nonsteroidal anti-inflammatory drugs (NSAIDS), iron supplements, vitamins that contain iron, Aggrenox, any blood-thinning medications such as Plavix or Ticlid, and all herbal supplements.
8. Discontinue Coumadin 3 days prior.
9. Please be sure to take any heart or blood pressure medications with sips of water the morning of procedure.
10. You may take Tylenol products or Celebrex.

**IF YOU ARE DIABETIC:** The day prior to the procedure you may take your oral medication. If on insulin, take only ½ dose of insulin. Do not take oral diabetic medications on the day of the procedure. Only take ½ dose of insulin the morning of the procedure. If taking Byetta, Januvia or Victoza, hold day before procedure and morning of procedure.