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INSTRUCTIONS FOR COLONOSCOPIC PROCEDURES OR BOWEL OPERATIONS

DATE: _____ **TIME:** _____

PLEASE REGISTER AT THE ADMISSIONS DEPARTMENT ON THE FIRST FLOOR OF THE HOSPITAL AT LEAST 1 HOUR BEFORE THE SCHEDULED TIME OF YOUR PROCEDURE

BOWEL CLEANSING INSTRUCTIONS

The following instructions are designed to cleanse your colon to permit an adequate exam. Expect to have several bouts of loose stools after drinking the solutions.

You will need to obtain one item from any pharmacy. A prescription is attached. If there are any problems obtaining this solution, please call our office.

1. COLYTE WITH FLAVOR PACKETS

Alternately, **GOLYTELY SOLUTION** is a similar product and will work equally well

ONE DAY BEFORE THE PROCEDURE

1. Eat nothing but clear liquids the day before the exam. Clear liquids includes water, soda, coffee or tea, clear fruit juices, Jell-O (not red or green), and clear broth or bullion soup. Do not drink alcohol or consume dairy products.
2. Mix Colyte powder with one gallon of drinking water. Shake container well. You may refrigerate it for several hours if you prefer drinking it cold.
3. **Start Colon preparation between 2 PM and 4 PM the day before the procedure. Drink an 8 oz. Glass of solution every 10 minutes until finished with the gallon of solution.**
4. **Do not eat or drink anything (except medications) after midnight before your procedure.**

DAY OF PROCEDURE

1. Appear for the procedure as scheduled. Remember to arrive at the hospital at least one hour prior to the procedure.
2. You will need someone to drive you home.

MEDICATIONS

1. **Stop all aspirin, Coumadin, and Plavix use (5) days prior to the procedure.** Restart the day after the procedure. People with artificial heart valves need to talk with their cardiologist prior to stopping Coumadin.

2. Take ½ the usual dose of any **diabetes medications** the morning of the procedure.
3. Take any other medications as scheduled with sips of water.
4. Other: _____

IF YOU HAVE QUESTIONS CALL OUR OFFICE AT (213) 977-1211