

2080 Clinton Avenue South
Rochester, N.Y. 14618
Phone: (585) 271-2800

Colonoscopy Preparation Instructions

Please read instructions at least 1 week before your scheduled procedure.

You are scheduled for a Colonoscopy with _____

Date: _____ Arrival Time: _____

GGR 2080 Clinton Ave. South Rochester, NY 14618	Highland Hospital 1000 South Avenue Rochester, NY 14620	FF Thompson Hospital 350 Parrish Street Canandaigua, NY 14424	UMMC 127 North St. Batavia, NY 14020	Westfall Surgery Center 1065 Senator Keating Blvd. Rochester, NY 14618
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- A prescription has been sent to your pharmacy for **Golytely**.

1 Week Prior

- Do not take aspirin at a dose of 325mg, 81mg dose OK to continue. Also discontinue ibuprofen, Advil, Motrin, Aleve, or naproxen.
- Do not take iron supplementation.
- You may be asked to stop Coumadin, Plavix, or other blood thinning agents for a number of days prior to your procedure. Please check with our office regarding holding this medication.
- Continue all other medications unless otherwise instructed.

5 Days Prior

- Stop eating all raw fruits, vegetables, nuts, seeds, and fish oil.

1 Day Prior

- Continue a **CLEAR LIQUID** diet for the entire day. Do not eat any solid foods.

At 3PM

- Mix the first dose of Golytely solution with water.
- Drink an 8oz glass every 20 minutes until the solution is gone.
- After drinking the solution, drink 2 additional 16 oz. cups of clear liquid.
- Refrigerate remaining Golytely solution.

Morning of at _____ AM (6 hours prior to procedure time)

- Mix the second dose of Golytely with water.
- Drink an 8oz glass every 20 minutes until the solution is gone.
- After drinking the solution, drink 2 additional 16 oz. cups of clear liquid.
- **Do not eat or drink anything 4 hours prior to your scheduled procedure.**

See Reverse

Any of the following liquids are OK:
Water, sports drinks, carbonated drinks

Strained fruit juices without pulp (apple, orange, white grape, white cranberry), lemonade or limeade, fruit flavored drinks
Black coffee or tea (DO NOT use any dairy or non-dairy creamer)
Chicken and beef broth or bouillon
Jell-O, popsicles, honey, hard candy

Things to avoid:

Avoid red or purple liquids
Avoid dairy
Avoid alcohol

Additional Information:

Required Adult Driver:

- **A responsible adult must accompany you, stay with you during your procedure, and drive you home.**
- Plan to be at our facility for 1.5-2 hours.
- Responsible adult supervision is recommended for 12-24 hours after discharge from our facility.
- You are unable to return to work for the duration of the day.
- You are unable to drive for the remainder of the day.

Colonoscopy Tips:

- Continue to drink clear liquids while taking your bowel preparation.
- It may be helpful to drink the bowel preparation with a straw.
- It may be helpful to drink the bowel preparation over ice.
- Vaseline or A&D ointment may be applied to the rectal area after each bowel movement.
- You are prepped once the stool is the color of urine.
- You may want to wear an adult diaper at night to avoid leakage.

For Diabetic Patients:

- If you take oral medication to control your diabetes and have a morning procedure (before noon), HOLD oral medication the night before the procedure and the morning of the procedure.
- If you take oral medication to control your diabetes and have an afternoon procedure, HOLD oral medication the day of the procedure ONLY.
- If you require insulin to control your diabetes, take half of your usual dose the evening prior to the procedure.

Jewelry:

Please do NOT wear metal jewelry to your appointment as all must be removed prior to your procedure.

Travel Plans:

In the event that a polyp is removed, we do not recommend traveling until 14 days following your procedure.

Insurance:

There may be a co-pay at the time of your procedure visit depending on your insurance provider.

See Reverse

Possible Delays:

Although your physician tries their best to stay on time, sometimes issues do arise results in a delay of your start time. We do realize that your time is very important. We will try our best to prevent those instances from occurring.

Cancellations:

If you need to cancel your procedure, please call at least 48 hours prior to your scheduled procedure time. Failure to call 48 hours prior to your scheduled procedure will result in a \$200 cancellation fee.

If you have any questions after reviewing these instructions, please call our office at (585) 271-2800.