



GASTROENTEROLOGY & LIVER ASSOCIATES  
OF RIVERDALE, PC

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INSTRUCTIONS FOR YOUR PROCEDURE – COLONOSCOPY WITH GoLytely/NuLytely PREP

**Patient Name** \_\_\_\_\_ **DATE** \_\_\_\_\_ / \_\_\_\_\_ /20 **TIME** \_\_\_\_\_ :

**ONE WEEK BEFORE YOUR TEST:**

- Do not eat raw vegetables, salad, beans, corn, tough/fibrous vegetables, nuts, seeds, etc.
- AVOID NSAIDS (Ibuprofen, Motrin, Aleve, Advil)
- GET FROM THE PHARMACY:
  1. Dulcolax (bisacodyl) 5mg tablets (BUY these over the counter without prescription)
  2. GoLytely, NuLytely, GaviLyte or other prescription bowel prep (from pharmacist)

Stop taking  Plavix/Clopidogrel  Aspirin  Other (\_\_\_\_\_) on \_\_\_/\_\_\_.

\* CONTINUE TO TAKE ALL OTHER REGULAR MEDICATIONS EVERY DAY, (BLOOD PRESSURE, ETC) INCLUDING THE MORNING OF THE TEST (>3 HOURS BEFORE)

**ONE DAY BEFORE YOUR TEST:**

**If you are a diabetic on insulin, check with your doctor to adjust your medications.**  
NO SOLID FOOD ALL DAY MORNING THROUGH NIGHT; NO SHAKES/SMOOTHIES.  
DRINK ONLY CLEAR LIQUIDS, AS MUCH AS YOU WANT, but nothing red or purple.  
This includes: Juice (no pulp), coffee, tea, broth, soda, water, jello. AVOID milk and dairy.

3pm on the day before the test: Take (4) 5mg DULCOLAX pills

5pm on the day before the test:

- Add flavor packet(s) to other powder already in the bottle and fill with water to the line.
- Close the bottle and shake/mix thoroughly until all of the powder is dissolved.
- Drink an 8 oz glass every 10-15 minutes until ALL of the liquid mixture is done.
- You may drink other CLEAR LIQUIDS in the evening too, but begin fasting at midnight.
- You may add ice to the mixture and use ice pops or sucking candies in between glasses.

**ON THE DAY OF YOUR TEST:**

TAKE

YOUR REGULAR MEDICATIONS WITH WATER 3-4 HRS BEFORE YOUR TEST.

**If you are diabetic, do not take your DIABETES PILLS the day of procedure.**

**DO NOT EAT OR DRINK ANYTHING ELSE BEFORE YOUR TEST.**

You must notify our office at least 48 hours in advance of any changes or cancellations.

You must arrange for *someone you know* to pick you up after the test. Not a taxi driver.

If you have any questions please contact our office at 718-796-1000.