

COLONOSCOPY INSTRUCTIONS TYPE I

PREPARATIONS: COLYTE – GOLYTELY – NU-LYTELY – GAVI-LYTE – PEG 3350

48 HOURS CANCELLATION NOTICE IS REQUIRED

YOU MUST BE AT THE FACILITY FOR REGISTRATION AND PRE-PROCEDURE PREPERATION AT LEAST ONE HOUR BEFORE YOUR APPOINTMENT TIME

DUE TO THE MEDICATION USED FOR THIS EXAM, YOU WILL NOT BE PERMITTED TO DRIVE. PLEASE ARRANGE FOR TRANSPORTATION TO AND FROM THE FACILITY; SOMEONE SHOULD STAY WITH YOU FOR THE REST OF THE DAY.

STOP TAKING ASPIRIN, COUMADIN, PLAVIX, LOVENOX OR ANY BLOOD THINNERS 5 DAYS BEFORE THE PROCEDURE.

NO SOLID FOODS ONE DAY BEFORE THE PROCEDURE. CLEAR LIQUID DIET ONLY. NO FRUITS, VEGETABLES, OR NUTS. NO RED OR PURPLE LIQUIDS OR DAIRY PRODUCTS.

TAKE THE LAXATIVE THE DAY BEFORE THE PROCEDURE. BEGIN THE SOLUTION AT 5 PM.

DO NOT EAT OR DRINK AFTER MIDNIGHT.

YOU MAY TAKE BLOOD PRESSURE AND HEART MEDICATION ON THE DAY OF THE PROCEDURE WITH SMALL AMOUNTS OF WATER.

DO NOT TAKE DIABETIC MEDICATIONS THE NIGHT BEFORE OR THE MORNING OF THE PROCEDURE

IF YOU ARE STILL NOT CLEAR OR COULD NOT FINISH THE PREP THEN PLEASE DRINK A BOTTLE OF MAGNESIUM CITRATE 10 OZ. (OVER THE COUNTER), OR TRY COLONOSCOPY PREPARATION TYPE III, OR CONTACT THE PHYSICIAN ON CALL.

LIQUID DIET

**START ON MORNING THE DAY BEFORE YOUR PROCEDURE.
FROM THE TIME YOU GET UP TO MIDNIGHT**

FOODS ALLOWED:

BROTH: Chicken OR beef (WITH OUT VEGETABLES)

JELL-O & POPSICLES: (No Red or Purple Flavors)

JUICES

Strained fruit juices: Apple, White Grape, Lemonade

TEA/COFFEE: (Decaffeinated or regular), carbonated beverages, fruit flavored drinks
(No Red or Purple) No Milk, (Sugar OK)

NO SOLID FOODS AT ALL, INCLUDING VEGETABLES & MEATS

This diet provides fluids that leave little residue and are easily absorbed with minimal digestive activity. This diet is inadequate in all essential nutrients and is recommended only if clear liquids are temporarily needed. No red or purple liquids should be consumed.