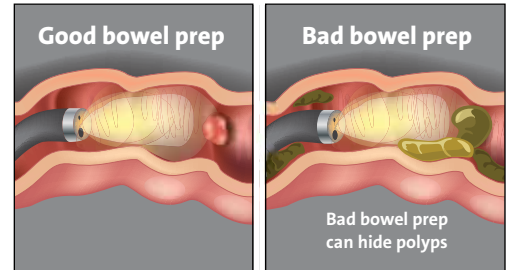


Physician: _____

You are scheduled to have a **colonoscopy** at The Brooklyn Hospital Center.
121 DeKalb Avenue, 3rd Floor Endoscopy Unit, Brooklyn, NY 11201

Procedure Date: _____ **Procedure Time:** _____

The colon must be cleared of all solid matter so that the doctor can see clearly. Review this information to prepare for this procedure. Call 718.250.8867 if you have any questions. Failure to follow these instructions may require repeating/rescheduling the colonoscopy.



Golytely and Dulcolax Tablets

7 DAYS BEFORE COLONOSCOPY

- Fill your prescriptions for bowel prep. You will need **Golytely and Dulcolax Tablets**.
- Stop taking any vitamins or iron supplements for 7 days.
- Eat low fiber food (avoid vegetables) for 7 days prior to procedure.
- Your doctor will discuss with you what medications to stop prior to the procedure.
- Arrange for someone to escort and pick you up after the procedure, otherwise your procedure will be canceled.

1 DAY BEFORE COLONOSCOPY

Compliant and Non-Compliant Foods for a Clear Liquid Diet	
<p>Compliant</p> <ul style="list-style-type: none"> Plain Gelatin Clear Beverages Clear Broth Ice Pops Black Coffee Plain Tea 	<p>Non-Compliant</p> <ul style="list-style-type: none"> Alcohol Fruit Juice with pulp Cream Soups Vegetable Juices Milk

- **Do not** eat any solid foods all day.
- Take all prescribed medication unless told otherwise by your doctor.
- Begin clear liquid diet in the morning.
- You can **ONLY** drink clear liquids that you can see through. Do not drink anything that is colored dark red or purple or drinks with dairy.
 - > Suggestions: clear broth, Jell-O, water, Ginger Ale, Sprite, apple juice, coffee or tea with NO milk or cream
- At **4 pm**, take two (2) 5mg **Dulcolax Tablets**. Total – 10 mg.
- At **6 pm**, drink one (1) cup (8 ounces) of **Golytely** every 10 minutes until **half** of the **Golytely** is finished. If you feel nauseous, wait 10 to 20 minutes and start again.
- Your colonoscopy will be canceled if you have eaten solid foods.
- **Do not eat food or drink any liquids after midnight other than Golytely.**

MORNING OF COLONOSCOPY

- At _____ **AM** drink one (1) cup (8 ounces) of **Golytely** every 10 minutes until all of the **Golytely** is finished. If you feel nauseous, wait 10 to 20 minutes and start again.
- Take all prescribed medications with a sip of water unless told otherwise by your doctor.
- Do not eat any solid foods or drink any liquids except the **Golytely**, otherwise your procedure will be cancelled.
- Leave jewelry or valuables at home. Arrange for someone to escort and pick you up after the procedure.

MEDICATIONS TO HOLD

- _____ days to hold _____
- _____ days to hold _____
- _____ days to hold _____

LABS TO DO

- CBC days before procedure: _____
- CMP days before procedure: _____
- INR days before procedure: _____