

Colonoscopy Preparation Instructions: Golytely

NAME: _____

PROCEDURE: Colonoscopy

ENDOSCOPIST: _____

DATE OF PROCEDURE: _____

FACILITY ARRIVAL TIME: _____

Please note: A \$75.00 cancellation fee will be charged for all procedures cancelled with less than Two (2) business days notice.

Please refer to separate KBEC *Patient Instruction Packet* for important procedure, facility and billing information.

**ADDRESS: Kips Bay Endoscopy Center
535 Second Avenue
Between 29th and 30th Street
(212) 889-5477**

Further information about Kips Bay Endoscopy Center (KBEC) may be found at:
www.kipsbayendo.com

Bowel Preparation for Colonoscopy With Golytely

Colonoscopy is a routine, generally safe, pain-free procedure used to examine the colon. These are the steps that you must take before the procedure to ensure the highest level of safety and effectiveness.

1. Make arrangements to have someone drive you home after the procedure. Colonoscopy involves sedation, and you will not be allowed to leave the facility unaccompanied.
2. Follow your physician's instructions regarding medicines to avoid and diet to follow before your procedure.
3. Your body loses significant amounts of fluid during bowel preparation. In order to prevent dehydration, it is important to supplement that fluid loss with clear liquids throughout the day.

COLONOSCOPY PREPARATION WITH DULCOLAX TABLETS & GOLYTELY

For this preparation, you will need:

1. Four Dulcolax tablets
2. Golytely

➤ THE DAY BEFORE YOUR COLONOSCOPY

Drink only clear liquids throughout the day. Clear liquids are those you can “see through”. Please avoid red or purple clear liquids.

Examples of clear liquids include:

- | | |
|---|--|
| ✓ Water | ✓ Ginger ale, Lemon-lime soda |
| ✓ Strained fruit juice without the pulp | ✓ Ice Popsicles |
| ✓ Tea without milk or creamer | ✓ Lemonade |
| ✓ Clear broth or bouillon | ✓ Sports drink (eg, Gatorade) |
| ✓ Kool-Aid or other fruit flavored drinks | ✓ Plain Jell-O without added fruit or toppings |

Do not have any solid or soft food. Milk or other dairy products are also **not allowed**.

➤ The following is the schedule for using Golytely Oral Solution:

Fill the plastic container containing the laxative powder (Golytely) with water, shake well until the powder is dissolved and put the container in the refrigerator.

Step 1:

Beginning at approximately 1:30pm

Take 4 Dulcolax tablets with 8 oz of water. Swallow the tablets whole.

Step 2:

Beginning at approximately 6PM, Start drinking the laxative (golytely) liquid. Drink one full glass every 15 minutes until it is gone. Try to drink one full glass at a time instead of sipping.

- If your Colonoscopy is scheduled for the morning, do not eat or drink anything after midnight. If your Colonoscopy is scheduled after 1:00pm, you may have a small quantity of clear liquids in the morning until 9:00am.