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## COLONOSCOPY INSTRUCTIONS WITH GOLYTTYLE PREPARATION

Patient Name: \_\_\_\_\_

Procedure Date: \_\_\_\_\_ Arrival time: \_\_\_\_\_

### LOCATION

Doheny Endoscopy Center  
9090 Wilshire Blvd., Ste. 100  
Beverly Hills, CA 90211  
310-246-2555

Cedars Sinai Medical Center/GI Lab  
8700 Gracie Allen Dr./South Tower  
Los Angeles, CA 90048  
310-423-6056

### OTHER INSTRUCTION:

1. FOR SEVEN (7) DAYS PRIOR TO YOUR PROCEDURE PLEASE DO NOT TAKE ANY Aspirin, Motrin, Advil, Aleve, Ibuprofen, anti-inflammatory medications, Ticlid, ginko biloba, St. John's wort, vitamin E, and vitamins containing iron, Plavix or Coumadin. Instructions for Plavix or Coumadin should be given by your doctor who prescribed this medication.
2. You may take high blood pressure and/or heart medication the morning of the procedure with a small sip of water, three hours prior to your scheduled procedure. Patients taking insulin must obtain instructions from your doctor.
3. Please arrange for a person that will be responsible for you, to drive you to the center and drive you home after your procedure. DO NOT DRIVE YOURSELF AND NO TAXI CABS.

\*\*OVER\*\*

## **DAY BEFORE EXAMINATION**

1. Drink clear liquids **ONLY** the day before procedure. **NO SOLID FOODS.**  
The following is a list of clear liquids that you may have: water, apple juice, white cranberry juice, white grape juice, Gatorade (except red color), tea (hot/iced), black coffee (no milk/creamer), broth, Jello (no red color), ice popsicles (no red), soft drinks, hard candy (no red).
  2. At 5:00pm start the Golytely prep. Drink one cup every ten minutes until the container is empty. You may experience some side effects such as nausea, abdominal cramping and vomiting. If this happens, stop drinking the Golytely and wait 30 minutes then resume the prep.
  3. **DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT INCLUDING WATER.**
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