**Colonoscopy**

**Registration:** Please check-in at ____________________________ for your procedure.

**Appointment:**

<table>
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<tr>
<th>Date/Time</th>
<th>Be Here At</th>
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- 7 days before your appointment
  - Stop taking iron pills
  - Fill prescription for bowel preparation (example: Golytely/Nulytely)
  - **DO NOT** take Aspirin, Plavix, Ibuprofen, Motrin, Advil, Aleve, Naprosyn UNLESS told to do so
  - If you take **Coumadin** (Warfarin) or other medications that thin the blood then call your anticoagulation clinic or primary care provider for instructions

- Day before your appointment
  - **Do NOT** eat any solid food or thick liquids until after your procedure
  - **ALL DAY:** Clear liquid diet: water, apple juice, tea, Gatorade, jello, ginger ale, chicken or beef broth. Nothing RED colored.
  - **4PM:** Mix bowel preparation (Golytely/Nulytely) with water and drink half of it
    - It is normal to have chills, stomach cramps or diarrhea when drinking it
  - **If you have diabetes:** take half of your pills and half the dose of insulin

- Day of your appointment
  - **6 hours before your appointment:** drink the remaining half of the bowel preparation (Golytely/Nulytely). You must finish it 3 hours before your procedure
  - **Take all of your regular medications** with a small sip of water
  - **If you have diabetes:** do not take your diabetes pills or insulin today
  - **Stop** taking anything by mouth 2 hours before your procedure
    - Remember **no solid food** until after your procedure
  - You must bring someone (18 years or older) who can take you home

You can watch a short video on all of these instructions at: [http://www.sfhealthnetwork.org/need-to-visit-a-specialist-doctor/gastroenterology](http://www.sfhealthnetwork.org/need-to-visit-a-specialist-doctor/gastroenterology)

If you have a problem getting a ride home, then we **may** be able to help you. Please call (415) 206-8823 at least 2 working days before your procedure to help with arranging a ride home.

If you need to cancel/reschedule your appointment or you have any questions then please call (415) 206-8823.