

Colonoscopy

Registration: Please check-in at _____ for your procedure

Appointment: _____
Date/Time Be Here At

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>

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.