

# Gastroenterology & Nutrition, PC

108-16 72 Ave, 2Floor  
Forest Hills, NY 11375  
(718) 261-0900

**Samuel Davidoff, MD**

**Yuriy Israel, MD**

Gastroenterology/Hepatology

## COLONOSCOPY PREPARATION WITH Golytely

\*\*\*Before beginning the following steps have your prescription for Golytely filled at the pharmacy.\*\*\*

### THE DAY BEFORE THE PROCEDURE:

1. In the morning, prepare your Golytely with flavor packets solution according to the instructions on the package and refrigerate.
2. Beginning with breakfast your meals today will consist of **only** liquids (you may have some dairy for breakfast only). Liquids include: coffee, tea, clear fruit juices (apple, white grape or white cranberry), broth, gelatin deserts (non red Jell-O) or popsicles.
3. Drink plenty of plain water throughout the day.
4. You may continue with liquids (broth or bouillon cubs) for your lunch and dinner. **Foods to avoid:** meat, fish, pasta, dairy (after breakfast), cereals, fruits or vegetables, vegetable juices, breads, fiber or any other solid food.
5. You will start taking half of your pre-made solution at about \_\_\_\_\_ PM the day before your procedure. We recommend that you take an 8 oz glass of the solution every 10 min until you finish half of the container. You should develop watery bowel movements right after and until several hours after taking the solution. Do not take any additional liquids when taking the preparation. This step can take you up to 2 to 3 hours to complete.
6. You should start taking the other half of the container at about \_\_\_\_\_ AM the day of the procedure until the container is empty.
7. You may continue consuming plain water or tea (without milk) if needed before you go to sleep.
8. Very Important: DO NOT eat or drink anything after midnight before the procedure. For use of your medications see the medication instruction section.

### THE DAY OF THE PROCEDURE:

1. Do not eat or drink anything and do not chew any gum until after you examination (see medication section)
2. Report to the procedure center at your scheduled time.
3. You must be accompanied by a friend or a family member to drive you and if needed to assist you at home

## Pre Endoscopic Medication Instructions for Patients

### For patients with Diabetes:

1. Hold all diabetic medications on the day of the procedure.
2. If you use long acting insulin (Lantus, NPH insulin, Humulin N or Humulin 70/30), please use half of your scheduled dose in the evening before the procedure. This will reduce the risk of having very high blood sugar on the day of your procedure even if you are not eating.
3. Hold all short acting insulin (Humalog, Humulin R)
4. If you are experiencing low blood sugar and/or having symptoms of low blood sugar (ie: confusion, sweating, shaking, light headedness) consider holding your AM insulin dose instead of splitting the dose in half. Treat your low blood sugar with either clear juice (apple juice) or a sugar candy.

### For patients taking other oral medications regularly:

1. ***You may take your oral (pill) medications on the morning of the procedure with a few sips of water only*** (ie: blood pressure, seizure medications). It is important not to have anything else to eat or drink on the morning of the procedure. This might delay your scheduled procedure or it might be cancelled all together. Try to take your morning medications early (around 6:00am).
2. If you have any questions about these instructions feel free to contact the ambulatory care triage nurse staff or our office if you have further questions or concerns.

### For patients taking Xarelto, Eliquis, Pradaxa, Coumadin, Plavix or NSAID drugs (ie: Motrin, Ibuprofen, Naproxen, Aleve or other medications containing Ibuprofen):

1. Hold Plavix for 5 days prior to your procedure, unless your physician instructs you to do otherwise. Please contact your Cardiologist/PCP if you have concerns about holding this medication.
2. **Please hold Xarelto, Eliquis or Pradaxa at least 2 days prior to your procedure, or as per your Physician/ Cardiologist instructions. Please hold Coumadin for at least 3-5 days prior to your procedure. Please contact your Cardiologist/Physician if you have concerns about holding these medications**
3. Please hold NSAID medications, which includes Ibuprofen, Motrin, Aleve, Naproxen or combination medications which include these medications 3 days prior to your scheduled procedure.

### For patients taking Iron pills/supplements:

Please hold Iron supplements for 5-7 days prior to your procedure.