

PREPARATION INSTRUCTIONS FOR YOUR COLONOSCOPY

APPOINTMENT DATE: _____ TIME: _____

IMPORTANT

Do not take any blood thinners or non-steroid anti-inflammatory medicines 7 days before colonoscopy (aspirin, aspirin products, ibuprofen, Advil, Motrin, Aleve, Naprosyn, etc.) Tylenol (acetaminophen) will not interfere with the procedure. If you are taking prescribed blood thinning medications, please consult your physician for additional instructions before beginning this procedure.

Have someone available to drive you home the day of the procedure. Due to sedation you will not be allowed to drive yourself. Somebody responsible for you can accompany you in a taxi, but no public transport is allowed. **This is for your own safety. Your procedure will be cancelled if you do not have a ride.**

Under the age of 65, two days before the procedure purchase 3 oz. Fleet phospho-soda laxative available over the counter at any drug store. No prescription is necessary.

Over the age of 65 OR if you have heart, lung, or kidney problems, have your physician supply you with a written prescription for Golytely or supply your physician with pharmacy phone number to call in Golytely prescription into your pharmacy. Purchase Golytely two days before the procedure.

DAY BEFORE COLONOSCOPY

Follow a **clear liquid diet the day before procedure** starting from the time you wake up in the morning. **Nothing to eat or drink after midnight and the day of the procedure until after the procedure is completed.**

- **If you are under the age of 65**, mix Fleet phospho-soda per manufacturer instructions. Suggestion in preparing Fleet phospho-soda: mix 1 ½ oz of phospho-soda with at least 4 oz of cold clear liquid (ginger ale, apple juice, Sprite, or 7-Up helps improve the taste) and drink. Follow with an 8 oz glass of clear liquid. You may then drink all the clear liquids you wish. **Take 1 ½ oz at 6 PM and again at 8 PM.**
- **If you are over the age of 65**, prepare Golytely 4 liters per pharmacy/manufacturer instructions. **Drink 8 oz every 10 to 15 minutes until finished. Begin this preparation at 6 PM.** You may then drink all the clear liquids you wish.

DAY OF COLONOSCOPY

Nothing to eat or drink until after the procedure is completed. Take all other prescribed medications as instructed with a very small amount of water.

If you should have any questions or concerns, call the nurse coordinator at 650-725-9772.