



Riverdale Gastroenterology & Liver Diseases

www.riverdalegastro.com

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SPLIT DOSE PREPARATION FOR COLONOSCOPY (using Nulytely, Golytely, Colyte or Trilyte)

Please read these entire colonoscopy prep instructions at least one week before your colonoscopy appointment. If you have questions, please call our office.

DATE: _____ / _____ / _____ TIME: _____ AM PM

LOCATION: ___ Advanced Endoscopy Center, 5500 Broadway, Bronx, NY 10463

___ OTHER: _____

PLEASE ARRIVE THIRTY (30) MINUTES PRIOR TO YOUR APPOINTMENT TIME. Please notify our office 48 hours prior to your procedure if you need to change or cancel your appointment or if you have questions (718-543-ENDO or 718-543-3636).

For your colonoscopy to be successful, your colon must be completely clean. The instructions should be followed exactly as written (unless the doctor advises you otherwise). If the preparation is not done properly, the test may not be complete.

Regular pacemakers are NOT a problem; however, **if you have an implanted defibrillator (ICD), please make sure your procedure is scheduled to be performed at the hospital so it can be turned off if necessary during the procedure.**

Since you will be receiving sedation for your procedure, you must have a responsible adult to escort you home after your procedure. **IF YOU DO NOT MAKE THIS ARRANGEMENT, THE DOCTOR CANNOT PERFORM THE PROCEDURE.**

Some insurance companies require a co-pay for this procedure. You may want to check with your insurance carrier regarding this matter.

5 DAYS BEFORE THE COLONOSCOPY, PLEASE REVIEW ALL OF THESE INSTRUCTIONS:

IF YOU ARE TAKING BLOOD THINNERS OR ANTI-PLATELET MEDICATIONS, THEN ASK THE DOCTOR FOR INSTRUCTIONS. These medications include Plavix (clopidogrel), Aggrenox (aspirin/dipyridamole), Pradaxa (dabigatran), Eliquis (apixaban), Lovenox (enoxaparin), Fragmin (dalteparin), Xarelto (rivaroxaban), _Coumadin (warfarin) and others.

- DO NOT TAKE IRON SUPPLEMENTS OR VITAMINS CONTAINING IRON STARTING 5 DAYS PRIOR TO YOUR COLONOSCOPY APPOINTMENT (These include ferrous sulfate, ferrous fumarate and ferrous gluconate)
- All OTHER medications SHOULD BE CONTINUED unless your doctor has instructed you otherwise.
- Bring the prescription for the preparation to your pharmacy & purchase the preparation plus four (4) Dulcolax tablets (unless you were already given these tablets by our office). DO NOT MIX THE PREPARATION UNTIL THE DAY BEFORE THE PROCEDURE.

2 DAYS BEFORE THE COLONOSCOPY:

- If you are usually constipated, take two tablespoons of Milk of Magnesia at 8:00 PM.

THE DAY BEFORE THE COLONOSCOPY:

- MIX THE PREPARATION AS INSTRUCTED AND REFRIGERATE IT. IT TASTES BETTER CHILLED.
- **If you are a diabetic, please review the special instructions for diabetics**
- At about **8 AM** take the 4 Dulcolax (bisacodyl) tablets (given to you by our office or available over the counter without a prescription). They usually take 6-8 hours to start working.
- You may have a light breakfast (which may include coffee, eggs, white bread, juice & low fiber cereal (like Rice Krispies), followed by **ONLY CLEAR LIQUIDS** for the remainder of the day. Clear liquids include: **Soft drinks:** Soda, Gatorade, lemonade, limeade & Kool-Aid; **fruit juices without pulp:** apple, white grape, orange, white cranberry, water, tea, and coffee (NO milk or non-dairy creamer), **Desserts:** Italian ices, popsicles, Jell-O (except no red Jell-O) and hard candy. You may have low sodium chicken or beef bouillon broth (**NO VEGETABLES**). Drink plenty of fluids
- At about 4 PM (**or when you will be at home for the rest of the day**), begin drinking the preparation. Drink an 8 oz. glass every 15-20 minutes until about two

thirds (2/3) of the bottle is completed. Return the container to the refrigerator overnight. You will drink the remainder on the morning of the procedure. You can expect to start having frequent, loose to watery bowel movements within a few hours of starting this preparation.

- **YOU MAY CONTINUE TO HAVE CLEAR LIQUIDS UNTIL TWO (2) HOURS BEFORE YOUR PROCEDURE.**

THE DAY OF YOUR APPOINTMENT:

- In the morning on the day of your test starting about 6 AM or earlier, complete drinking the preparation. Drink an 8 oz. glass every 15-20 minutes until the container is empty. REMEMBER THAT YOU MAY CONTINUE TO DRINK CLEAR LIQUIDS UNTIL TWO (2) HOURS BEFORE YOUR PROCEDURE.
- If you are unable to finish the whole preparation or if your bowel movements are still solid or partially solid then please call us for additional instructions.
- **TAKE ALL OF YOUR REGULAR MEDICATIONS (except diabetic medicine or blood thinners) with sips of water unless your doctor has instructed you otherwise.**
- **IMPORTANT: Please bring a list of all of your medications OR the medications themselves with you on the day of your test.**

HINTS:

- You may drink the preparation through a straw.
- You may take sugar-free candy or ice pops (not red) between glasses of the preparation.
- If you develop severe discomfort or distention (bloating), stop drinking the solution for 1/2 hour or drink more slowly until the discomfort improves.
- If you develop nausea, wait 15 to 30 minutes until the nausea improves and then resume drinking the preparation.
- Remain close to toilet facilities.

AFTER THE PROCEDURE:

- You will be monitored in the recovery area.
- You will receive discharge paperwork with follow up instructions.
- You may have some abdominal bloating and gas after the procedure. It should resolve within a few hours.
- You may eat your usual diet after the procedure, unless advised otherwise.
- **If you have rectal bleeding or severe pain after the procedure, please contact the office immediately.**
- **REMINDER: YOU MUST HAVE A RESPONSIBLE ADULT TO ACCOMPANY YOU HOME. YOU CANNOT DRIVE A VEHICLE FOR THE REST OF THE DAY AFTER THE COLONOSCOPY. WE ADVISE YOU TO TAKE THE ENTIRE DAY OFF FROM WORK.**