



Name: \_\_\_\_\_ Date: \_\_\_\_\_ Time: \_\_\_\_\_

## **INSTRUCTIONS FOR COLONOSCOPY AND FLEXIBLE SIGMOIDOSCOPY**

Prepare Go-Lytely according to instructions in the morning, refrigerate. Have a regular lunch.

Start taking Go-Lytely between 2:00pm and 3:00 pm drinking 1 glass every 10 minutes until gone. Clear Liquids only for dinner. You may continue to have clear liquids up until 3 hours prior to your procedure.

**Clear Liquid Diet:** Water, Tea, Jello Boullion, Clear juices, soda, beer. Any liquid that you can see through.

No METAMUCIL, fruit, raw onions or food with seeds for 3 days before colonoscopy..

**Medications:** Take usual medications at usual times. **DO NOT TAKE ANY ASPIRIN, MOTRIN OR OTHER ANTI-INFLAMMATORIES FOR 7 DAYS PRIOR TO THE COLONOSCOPY.**

**Special Instructions:** You will need to have someone drive you home after the procedure. If you have difficulty finishing the bowel preparation and you are still passing colored stool, please call the endoscopy unit after 6:45 am the morning of the procedure at (518) 891-4141 Ext 2201.

Your insurance company should be notified should prior approval be necessary.