

# Advanced Gastroenterology

of Central Florida

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## INSTRUCTIONS FOR COLONOSCOPY GOLYTELY

DATE: \_\_\_\_\_

DAY: \_\_\_\_\_

### SEVEN DAYS PRIOR TO YOUR EXAM

- Discontinue all Iron supplements.

### THREE DAYS PRIOR TO YOUR EXAM

- Purchase your GOLYTELY prep at the pharmacy.
- Discontinue all blood thinning drugs (prescription and non-prescription), including:
  - ✓ Coumadin, Plavix, Xarelto, Eliquis, Pradaxa, Prasugrel, Brilinta, Cilostazol, Aggrenox, (Anacin, Excedrin, Advil, Naprosyn (Naproxen), Alka Seltzer, Ibuprofen, Motrin, Aleve or any arthritis pain medications.

**REMEMBER! The physician that prescribed your blood thinner medication MUST approve this action BEFORE you discontinue these medications when you are taking them for blood thinning.**

### TWO DAYS PRIOR TO EXAM

- Avoid nuts, seeds, whole wheat bread, beans, corn, cheese, raw fruits and vegetables with seeds or skin as they may adversely influence the quality of your exam.

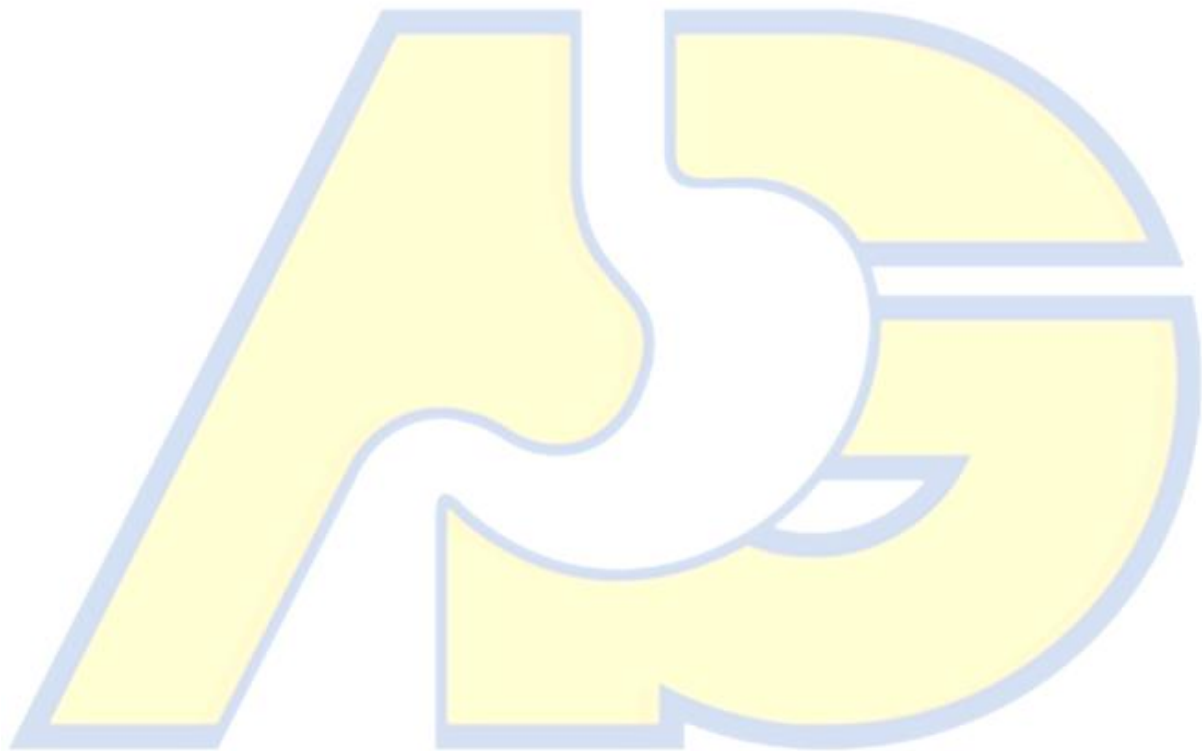
### ONE DAY PRIOR TO EXAM

- Restrict your diet to CLEAR LIQUIDS ONLY. **No solid food until after the procedure and stay hydrated.**
- **CLEAR LIQUIDS INCLUDE** water, chicken/beef/vegetable broth, flavored waters, apple juice, Jell-O, Kool-Aid, coffee, tea, Sprite, Gatorade, PowerAde, Mountain Dew, Coke/Pepsi, Rootbeer, and Slurpee's. **DO NOT DRINK** milk or use any dairy or non-dairy creamer in your coffee or tea. **DO NOT DRINK** anything colored **RED, PURPLE, BLUE or ORANGE** or that contains pulp material. **DO NOT DRINK** alcoholic beverages.
- **USING YOUR GALLON PREP KIT THE DAY PRIOR TO THE EXAM FOLLOW THE TIMELINE BELOW:**
  - ✓ **Morning**  
Add water to gallon jug, shake well, and put it in the refrigerator.
  - ✓ **At 5:00 p.m. complete following steps:**
    - Step 1:** Start half of your prep (½ gallon). You may have small sips of Sprite or Ginger Ale along with the prep to help settle your stomach.
    - Step 2:** Drink the first ½ gallon within two hours of when you begin drinking.
  - ✓ **5-6 hours before your exam (this may require that you get up in the middle of the night) complete the following steps:**
    - Step 1:** Start the remaining ½ gallon.
    - Step 2:** Drink the rest of the prep within two hours of starting the remaining ½ gallon. Be sure to finish the prep.

**\*NOTE:** If you become nauseated during the prep, stop for one hour and then resume. You must finish ALL the prep. Please look in the toilet to see if your results are clear or yellow in color. If your bottom gets sore during the prep you can use baby wipes, Vaseline, or Desitin applied to the anal area for relief.

### **DAY OF YOUR PROCEDURE**

- You may NOT have anything to EAT UNTIL AFTER THE PROCEDURE and may ONLY HAVE CLEAR LIQUIDS up until 3 HOURS PRIOR to your check in time.
- You MUST be accompanied by an adult who will remain at the facility and drive you home after your colonoscopy. You may NOT work or drive for 12 hours after the procedure. Plan on spending two to three hours at the facility.
- Wear comfortable clothing. Bring your glasses, hearing aids, insurance cards and completed information forms, if applicable. Avoid bringing valuables.



*Any question please feel free to give us a call at 407-703-3300 😊*

*Thank You!*