

Advanced Gastroenterology

of Central Florida

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INSTRUCTIONS FOR GOLYTELY COLONOSCOPY

THREE DAYS BEFORE YOUR EXAM

- Stop all blood-thinning medications (prescription and over the counter), including:
 - ✓ Coumadin, Plavix, Xarelto, Eliquis, Pradaxa, Prasugrel, Brilinta, Cilostazol, Aggrenox, (Anacin, Excedrin, Advil, Naprosyn (Naproxen), Alka Seltzer, Ibuprofen, Motrin, Aleve or any medication for arthritis pain .

REMEMBER! The doctor who prescribed your blood-thinning medication MUST approve this action BEFORE stopping these medications when you are taking them to thin your blood.

TWO DAYS BEFORE THE EXAM

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

ONE DAY BEFORE THE EXAM

- Restrict your diet to CLEAR LIQUIDS ONLY. **There are no solid foods until after the procedure and stay hydrated.**
- **CLEAR LIQUIDS INCLUDE** water, chicken/meat/vegetable broth, flavored waters, apple juice, gelatin, Kool-Aid, coffee, tea, Sprite, Gatorade, PowerAde, Mountain Dew, Coca-Cola/Pepsi, Rootbeer and Slurpee's.
 - DO NOT drink** milk or use any dairy or non-dairy cream in your coffee or tea.
 - DO NOT DRINK** anything **that is RED, PURPLE, BLUE, or** contains pulp material .
 - DO NOT DRINK** alcoholic beverages.
- **USING YOUR GALLON PREPARATION KIT THE DAY BEFORE THE EXAM, FOLLOW THE TIMELINE BELOW:**
 - ✓ **Day prior to Procedure**
 - Add water to the gallon pitcher, shake well, and put it in the refrigerator.
 - ✓ **At 5:00 p.m. Complete the following steps:**
 - Step 1:** Start half of your preparation (1/2 gallon). You may have small sips of Sprite or Ginger Ale along with the preparation to help soothe your stomach.
 - Step 2:** Drink the first 1/2 gallon within two hours of the time you start drinking.
 - ✓ **4 a.m. Day of Procedure**
 - Step 1:** Start the remaining 1/2 gallon.
 - Step 2:** **Drink the rest of the** preparation within two hours of starting the remaining 1/2 gallon. Be sure to finish the preparation.



***NOTE:** If you have nausea during preparation, stop for an hour and then resume. You must finish ALL the preparation. Please look at the toilet to see if your results are clear or yellow. If your bottom hurts during preparation, you can use baby wipes, petroleum jelly, or desitin applied to the anal area to relieve yourself.

DAY OF YOUR PROCEDURE

- You may NOT have anything to eat until after the procedure and YOU CAN ONLY HAVE CLEAR LIQUIDS up to 3 HOURS BEFORE your check-in time.
- You MUST be accompanied by an adult who will remain at the center and take you home after your colonoscopy. You can NOT work or drive for 12 hours after the procedure. Plan to spend two to three hours on the premises.
- Wear comfortable clothes. Bring your glasses, hearing aids, insurance cards, and completed information forms, if applicable. Avoid bringing valuables.

Any questions, feel free to call us at 407-703-3300 Thank you!

