

NAME: _____

DATE: _____

PLACE: _____

ARRIVAL TIME: _____

PROCEDURE: _____

IMPORTANT: Do NOT take any Aspirin, Ibuprofen, Aleve, arthritis medication, or blood thinners for **5 days before** your procedure. Take the rest of your regular medications except your diabetes medicine on the day of the prep and the day of the procedure. Please follow the timeline indicated on these instructions, NOT what's on the prep box or what the pharmacist tells you. Stop Iron supplements and Fish Oil pills **2 days before** your procedure.

1 DAY PREP FOR COLONOSCOPY – GOLYTELY / NULYTELY / TRILYTE

1. Stay on a clear liquid diet (see below) for the entire day prior to your scheduled procedure.
2. Follow the prep mixing instructions on the box and chill in the fridge for a better taste.
3. At 12 noon the day, drink an 8 ounce glass of the solution every 5-10 minutes until half the container is finished. Repeat 4-7 hours prior to your procedure which will be at _____. If you experience nausea and/or vomiting, then drink an 8 ounce glass of solution every 15 minutes until finished. Hard candy might also help between glasses.
4. Nothing by mouth after midnight except your prep and your medication (no diabetes medicine).
5. Arrive at the hospital at the time indicated above.

YOU WILL NEED TO PURCHASE:

- Golytely Nulytely Trilyte
 Baby wipes
 Desitin Cream

1 DAY PREP FOR COLONOSCOPY – SUPREP / MOVIPREP / PREPOPIK

1. Stay on a clear liquid diet (see below) for the entire day prior to scheduled procedure.
2. Follow the prep mixing instructions on the box and chill in the fridge for a better taste.
3. At 12 noon the day, drink an 8 ounce glass of the solution every 5-10 minutes until half the container is finished. Repeat 4-7 hours prior to your procedure which will be at _____. If you experience nausea and/or vomiting, then drink an 8 ounce glass of solution every 15 minutes until finished. Hard candy might also help between glasses.
4. Nothing by mouth after midnight except your prep and your medication (no diabetes medicine).
5. Arrive at the hospital at the time indicated above.

YOU WILL NEED TO PURCHASE:

- Suprep Moviprep Prepopik
 Baby wipes
 Desitin Cream

CLEAR LIQUID DIET

You may have as much of the following items as you want: (Note: Clear means “see through”)

- Clear soft drinks (Sprite, 7-Up, and Ginger Ale, Gatorade)
- Clear Juices (Apple, White Grape)
- Tea (no cream)
- JELLO - plain, no fruit (orange, lemon, pineapple flavors)
- Hard Candy - Life Savers, Lemon drops
- Clear broth only.
- NO COFFEE; NO ALCOHOL.
- NO MILK PRODUCTS OR NON-DAIRY CREAMERS ALLOWED.
- NO RED, GREEN, OR BLUE FOOD COLORING ALLOWED.

You **MUST** have someone drive you home from the facility, or your procedure will be cancelled. *You will be unable to drive yourself home.* Taxi cabs and Dial-a-Ride transportation is not acceptable. Leave all valuables at home. Bring only a list of your medications, your insurance card, and your copayment if applicable.