



You have been scheduled for colonoscopy procedure.

Date: Day of the week:

Time:

Location: **MID-BRONX ENDOSCOPY CENTER**
51 W. BURNSIDE AVE
Bronx, NY 10453
Phone: 917 791 6004

Pre-colonoscopy patient information

To assist us in making your colonoscopy as pleasant and as comfortable as possible, please follow these instructions:

For your scheduled procedure date, make arrangements to have an escort or a responsible adult accompany you to and from the hospital. You will not be able to drive an automobile or return to work after the test. Please schedule a day off from work on your colonoscopy procedure day.

Special instruction:

- Consult with your physician to determine whether you should take any regularly scheduled medications on the date of the examination.
- Wear comfortable clothing that is easy to remove and put on. Leave all jewelry, money and other valuables at home.
- You have been given 2 prescriptions. One is for a gallon container named GOLYTELY and the other is for 4 DULCOLAX (BISACODYL) tablets.

Day before the procedure:

1. Breakfast, lunch, dinner: **BOILED EGG WHITE & APPLE JUICE ONLY.**
2. Starting at 4 PM, please drink an 8-ounce glass of **Golytely every 15 minutes** until you have consumed the first half of the gallon of solution.
3. Take **4 Dulcolax** tablets with water after the **second glass** of **Golytely.**
4. **Continue your clear liquid diet all afternoon and evening up until midnight.**

On procedure day:

1. At 5 AM start drinking the second half gallon of solution. You must complete the second half gallon of the Golytely solution even if your stools look watery. Stop all fluids 3 hours before the procedure.
2. Drink or eat nothing after finishing the Golytely solution.
3. Take your regular morning medicines at 7 am or after you get home.
4. **Bring a list of all your prescription and over-the-counter medications.**
5. Do not drive for 18 hours after the procedure.
6. You can resume your normal diet unless discharge instructions indicated otherwise.
7. *IF YOU ARE DIABETIC READ THE FOLLOWING INSTRUCTIONS:*
 - IF YOU TAKE INSULIN, reduce the dose by 50% ON THE DAY OF THE PROCEDURE
 - **IF YOU TAKE PILLS: do not take diabetes medicine until the procedure is over.**

**If you have any questions, please call the GI office at 718-518-5550
Between 2 pm to 4 pm, Monday through Friday.**