



You have been Scheduled for colonoscopy

1650 Grand Concourse, Bronx NY

3rd Floor

Scheduling Questions: 17185901800 Extn: 177 3552

Preparation Questions: 1718 518 5014

Date:

Time:

Pre-Colonoscopy Patient Information: For your scheduled procedure day, arrange for an escort (a responsible adult) to accompany you to and from the hospital. You cannot drive or return to work after the test. Please schedule a day off from work on procedure day. Wear comfortable clothing that is easy to remove and put on. Leave all the jewelry, money, and other valuables at home. Bring your current insurance card and photo ID

Special Instruction:

- ❖ Unless instructed by your physician to hold it, you should take your regularly scheduled medications on the day of the examination with a little sip of water.
- ❖ If you are taking the following medications, please hold them as advised by your doctor; Plavix (Clopidogrel), Eliquis (Apixaban), Xarelto (Rivaroxaban), Coumadin (Warfarin), Pradaxa (Dabigatran).
- ❖ Please stop taking Iron Supplements 7 days prior to your procedure
- ❖ If you are taking the following medications, please hold them one week before the procedure; Ozempic (semaglutide), Trulicity (dulaglutide), Mounjaro (tirzepatide), Zepbound (tirzepatide), Bydureon (Exenatide)
- ❖ If you are taking the following medications, please hold them one day before the procedure: Victoza (Liraglutide), Byetta (Exenatide), Rybelsus (Semaglutide)

Only Clear liquid diet – Day before procedure (See next page)

Bowel Prep - The Day Before the Procedure:

- 1) You will be given Golytely and Dulcolax (follow instructions on gallon to mix the water)
- 2) Start drinking the Golytely from 4 or 5 PM. Drink 1 cup every 30 min till you finish more than half of the gallon. Leave the rest of solution in refrigerator over night
- 3) Take 4 Dulcolax tablets with water at Time 9 PM

Do not eat anything solid after midnight

The Day of the Procedure:

- 1) Start drinking the remaining Golytely from Time 5 AM and finish it by 6AM. The last cup should be finished 3 hours before the procedure time.
- 2) Do not drink or eat anything on day of procedure – except Golytely
- 4) Bring a list of all your prescriptions and over-the-counter medications.
- 5) If you have diabetes and take Insulin – reduce the dose by half on the day of procedure and if you take pills, hold it until after procedure.

CLEAR LIQUID DIET

STOP MARIJUANA/ALCOHOL/SMOKING – 3 DAYS BEFORE YOUR PROCEDURE

This diet provides fluids that leave little residue and are easily absorbed with minimal digestive activity. This diet is inadequate in all essential nutrients and is recommended only if clear liquids are temporarily needed. No red or purple liquids should be consumed.

Food Group	Foods Allowed	Foods to Avoid
	Tea (decaffeinated or regular), carbonate beverages, fruit-flavored drinks	Milk, Milk drinks
Meats & meat substitutes	None	All
Vegetables	None	All
Fruits and Fruit Juices	Strained fruit juices, apple, white grape, lemonade	Fruit juices with unstrained fruit
Grains and Starches	None	All
Soups	Clear broth, consommé	All others
Desserts	Clear flavored gelatin, popsicles (no red or purple flavors)	All others
Fats	None	All
Miscellaneous	Sugar. Honey, syrup, clear hard candy, salt	All others

Breakfast	Lunch	Dinner
White Grape Juice	Apple Juice	Lemonade
Clear Broth	Clear Broth	Clear Broth
Jell- O	Jell- O	Jell- O
Tea	Tea	Tea