



New Patient Information

Colonoscopy Preparation

Thank you for allowing us to participate in your care. In order to properly examine your colon, the inside of your intestinal tract must be clean. You must follow the instructions exactly. Do not make any changes unless ordered by your doctor.

Medications: If you take BLOOD THINNERS such as Coumadin (Warfarin), Plavix or Jantovan, you need to notify the physician, so you can receive specific instructions on when to stop these medications.

DO NOT stop taking heart, blood pressure, or other regular medication unless your doctor instructs you to do so.

If you are on Insulin or a pill for diabetes, check with the physician to see how this should be managed.

Do Not Eat any solid foods the day before your procedure. You will be expected to drink a lot of clear liquids the day before your procedure. DO NOT DRINK ANYTHING RED or PURPLE. DO NOT DRINK MILK, MILK PRODUCTS OR NON-DAIRY CREAMERS. DO NOT DRINK ORANGE OR GRAPEFRUIT JUICE.

You May drink plenty of water, apple juice, or sports drinks (Gatorade or Powerade) NOT RED OR PURPLE. You may have clear broth, carbonated soft drinks, flavored gelatin (NOT RED), popsicles, kool-aid, WHITE grape juice, black coffee or tea.

Go-Lytely will be called into your pharmacy the day you are seen in the office to schedule your procedure. You will need to pick it up at your pharmacy AT LEAST 2 days prior to your procedure. Refrigerate it as soon as you get home, and follow all instructions that come with it.

Begin drinking Go-Lytely at 12 noon the day before your procedure. It is important that you drink the PREP as instructed. DO NOT DRINK only water the day before your procedure.

DO NOT DRINK ANYTHING AFTER MIDNIGHT.

If you have any questions, you may call the office at 336-835-2349

COLONOSCOPY DATE: _____

PREPARATION DATE: _____