

Colonoscopy Instructions (GOLYTELY)

Procedure Date: _____ Follow Up: _____

*The facility will call you with the time 2 **business days** prior to your procedure date*

- Cypress Ambulatory Surgery Center
5016 W. Cypress Street, Suite 100 Tampa, FL 33607
Teléfono: 813-542-2589

- St. Joseph’s Same Day Surgery Center
3001 W. Dr. Martin Luther King Jr. Blvd. Tampa, FL 33607
Phone: 813-870-4711

INSTRUCTIONS:

- Continue taking routine medications, including blood pressure and heart medications.
- If diabetic, only take ½ of your usual dose the morning of procedure.
- Before stopping any blood thinner, please discuss with your prescribing provider.
- Hold Coumadin, Plavix, Effient, Brilinta for 5 days before your procedure.
- Hold Pradaxa, Eliquis, and Xarelto for 2 days before your procedure.
- **5 days** before discontinue any iron supplements, vitamins, or herbal supplements.
- **5 days** before, do not take any: Aleve, Motrin, Naproxen, Ibuprofen – Tylenol is safe to use
- **You must have a friend or family member drive you to and from the facility. NO FORM OF TAXI SERVICE IS PERMITTED.**

DAY BEFORE PROCEDURE:

Do Not Eat Any Solid Food The Entire Day Before The Procedure!

Have a clear liquid diet throughout the day. Avoid liquids that are red or purple in color such as red grape or cranberry juice. Avoid ALL dairy products and juices with pulp such as orange or grapefruit juice. You can drink **clear** liquids (**NO REDS/DARK COLORS**) until 3 hours before the procedure. At the 3 hour mark, nothing by mouth including water. You may take any necessary medications with a small sip of water **PRIOR TO THE 3 HOUR MARK.**

Clear Liquids include the following:

- Soups:** Broth (chicken, beef or vegetable)
- Juices:** White Grape Juice, Apple, etc.
- Desserts:** Jello, Italian Ice, Popsicles, etc.
- Beverages:** Tea, Kool-Aide, Water, Black Coffee
- Sports Drinks:** Powerade, Gatorade, Propel

If your procedure is before 12PM	If your procedure is after 12PM
1. At 5:00PM start drinking the Golytely solution. Drink an 8 oz. glass of solution every 15 minutes until you finish ½ of the container.	1. At 5:00PM start drinking the Golytely solution. Drink an 8 oz. glass of solution every 15 minutes until you finish ½ of the container.
2. At 11:00PM finish drinking the remainder of the Golytely solution, 8oz glass every 10-15 minutes.	2. At 6:00AM finish drinking the remainder of the Golytely solution, 8 oz. glass every 10-15 minutes.

Please allow a 5 business day notice for cancellation or there will be a \$200 charge.