



VALDOSTA  
Gastroenterology Associates  
and  
Endoscopy Center

## **INSTRUCTIONS FOR COLONOSCOPY**

### **In advance:**

Arrange for someone to remain in the center during your procedure and to drive you home afterward. Also, notify office staff if you have a pacemaker, defibrillator, valve replacement or stents.

### **Five - Seven (5-7) days prior to your procedure:**

Stop taking Coumadin, Plavix, Pradaxa and Effient unless instructed otherwise by the doctor. Additional medications to avoid: Aggrenox, Butalbital, Corcidin, Iron, Ferrous Sulfate, Hemocyte Plus, Norgesic, Persantine. It is ok to take Tylenol.

### **Two (2) days before your procedure:**

Stop eating seeds, popcorn, nuts, Fried foods, whole grains, berries, kiwi, lettuce and other greens, figs, raisins, radishes, cucumbers, and tomatoes. Do not drink alcohol or juices containing pulp.

### **The day before your procedure:**

You may have a light breakfast. Follow a clear liquid diet after 10:00 am. If you have a history of severe constipation or previous poor prep, your physician may ask you to do 2 days of clear liquid diet and possibly additional medications or cleansing methods.

See the attached instructions for a **clear liquid diet**.

Follow instructions for your prescribed cleansing prep.

### **NOTHING TO EAT OR DRINK AFTER MIDNIGHT**

- Diabetics – Monitor your blood glucose carefully.

### **The day of your procedure:**

You may take heart or blood pressure medications at 6 am with minimal water.

Wear loose, warm clothing and socks (you may bring a blanket).

No jewelry, valuables or nail polish.

- Diabetics do not take oral diabetic meds or insulin. You may suck on hard candy for low blood glucose.



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## **COLONOSCOPY PREPS**

### **Go-lytely / Nulytely**

Begin at 2 pm the day before your procedure. Complete prep by midnight. If you are told to split the prep, take  $\frac{3}{4}$  at 6 pm. Refrigerate the last  $\frac{1}{4}$  and drink at 6am the day of the procedure.

### **Suprep**

The day before your procedure, take first bottle at 2pm and 2<sup>nd</sup> bottle at 8pm. Follow each bottle with two 16oz. glasses of water over an hour. If you are told to split the prep, take the first bottle at 6pm the day before your procedure. Take the 2<sup>nd</sup> bottle at 6am the day of the procedure. Remember to follow each bottle with two 16 oz glasses of water over an hour.

### **Half-lytely**

Take pill(s) at 2 pm the day before your procedure. Drink prep at 6pm. If told to split the prep, take pill(s) at 2 pm the day before your procedure. Drink  $\frac{3}{4}$  of prep at 6pm. Refrigerate the last  $\frac{1}{4}$  and drink at 6am, the day of the procedure.

### **Movi Prep**

The morning before your procedure, mix the laxative preparation by mixing one packet A and one packet B with 32 oz. water. Place in refrigerator to chill. Do not add additional flavorings to the liquid. Start prep drink at 2:00 pm. Drink 8 oz. every 15 minutes until all is taken. Mix the remaining packet A and B with 32 oz. water, refrigerate to chill. At 6:00 pm, drink the solution as before. Drink additional 32 oz. of **clear liquids** of your choice from 7:00 pm to midnight or before.

### **For 2 Day Preps**

Two days before procedure start **clear liquid diet** at 10:00 am. Also at 10:00 am, drink 1 bottle of magnesium citrate (available over the counter at any pharmacy). Continue clear liquid diet all day and night and on the day before the procedure. Start your prescribed liquid colon prep at 2:00 pm the day before your procedure then follow the instructions for your prescribed prep.

## Clear Liquid Diet

You have been asked to be on a clear liquid diet for 24 hours (or more) prior to your procedure date. Clear liquids are liquids that you are able to see through. Avoid liquids which have red or green dye. Please follow the diet below:

Water

Clear Broths

- Chicken broth
- Beef broth
- Vegetable broth

Juices without pulp

- Apple juice or apple cider
- Grape juice
- Cranberry juice (only natural red, no artificial coloring)
- Tang
- Lemonade
- Kool Aid
- Gator Aid-no red or green
- Orange juice (with no pulp)

Tea (you may add sweetener, but no cream or milk)

Coffee (you may add sweetener, but no cream or milk)

Clear Jell-O (without fruit) no red or green

Popsicles (without fruit or cream) no red or green

Italian ices or snowballs-no red or green