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GASTROINTESTINAL AND LIVER DISEASE • DIAGNOSTIC AND THERAPEUTIC ENDOSCOPY

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COLONOSCOPY TWO DAY PREPARATION

***HOLD IRON FOR 7 DAYS * IF YOU TAKE ASPIRIN OR AGGRENOX HOLD IT 3 DAYS PRIOR TO PROCEDURE. * IF YOU TAKE PLAVIX OR COUMADIN, HOLD THEM FOR ___ DAYS BEFORE THE PROCEDURE.**

*Fill your prescription for Golytely ___ Nulytely-Flavor Pcks ___ Halflytely-Flavor Pcks ___

Preparation the Day Before:

In the morning:

*Drink clear liquids (see list).

*Pick one of the flavor packets and add it to the gallon or (half gallon). Add water to the fill line and shake well until the powder has dissolved, then refrigerate the solution.

*Take your usual medications, if diabetic take half your usual dose: _____

At mid-day

*Take a sample of Amitiza___ Dulcolax 2 tabletas ___

The afternoon before your colonoscopy, beginning at: _____

*You can drink water or any other clear liquid as instructed by your physician. You may take your regular medication unless instructed otherwise.

*Drink an 8 ounce glass of the solution every 10 minutes starting at 4pm. Keep drinking until half of the solution has been consumed. Drink each glass rapidly instead of taking small sips. A drinking straw may help.

*Feeling of, abdominal fullness and nausea may happen after the first few glasses of solution, but should be temporary and subside once the bowel movements begin. If you have severe abdominal pain and it's continuous, or you vomit more than 2 times, stop drinking the solution and call Dr. Alayo.

The morning of your colonoscopy, beginning at: _____

*Begin drinking the remaining solution as before and finish all, then nothing by mouth.

*Bring your regular medications to take after the procedure.

*You must be accompanied by a friend or a relative to drive and/or assist you home.

****PLEASE FOLLOW THESE INSTRUCTIONS FOR THE BEST POSSIBLE EXAMINATION****

Procedure Date: _____ Time: _____

CV Endo Center___ Otay Surgical Center___ Scripps Hospital ___ Sharp Hospital ___