

INSTRUCTIONS FOR COLONOSCOPY (Polyethylene Glycol-based Regimen)

At the time you schedule your appointment, if you are on aspirin, Plavix, Coumadin, insulin, or oral medication for diabetes, be sure to discuss when to stop these medications.

Colonoscopy can only be effective at identifying precancerous and cancerous lesions if the colon is thoroughly cleansed. If the colon is not completely clean, there is a significant risk of missing these lesions, especially the so-called “flat lesions.” Therefore, it is imperative to follow all these instructions.

Patients with a tendency to constipation, especially those who rely on daily use of laxatives, may not achieve complete cleansing with the following regimen. Therefore, if you are chronically constipated or use daily laxatives, please let us know when you schedule your appointment so that we may modify the preparation regimen for you.

3 or more days before the procedure, you will need to purchase:

- Polyethylene glycol (Golytely, Nulytely, or Colyte) 4 liter bottle-- Available by prescription only; we will provide the prescription.

Two days before the procedure:

- Do not eat raw fruits or vegetables. Do not take iron tablets.
- Prepare the polyethylene glycol solution according to the instructions and put in the refrigerator to chill.

One day before the procedure:

- Clear liquid diet only ALL DAY:
Water, clear fruit juices (apple, white grape, pear, and white cranberry), sodas, Gatorade, clear broth/bouillon, jello and popsicles (not red-colored), coffee, and tea (but no milk, cream, or creamer).
- If your procedure is scheduled before 9:30 AM the following day, drink 8 ounces of the polyethylene glycol solution every 10-15 minutes beginning at 4 pm and finish the entire 4 liters by 9 pm.
- If your procedure is scheduled after 9:30 AM the following day, drink 8 ounces of the polyethylene glycol solution every 10-15 minutes beginning at 4 pm and finish a total of 3 liters by 8 pm. You will have 1 liter left in the bottle.
- After midnight, drink only water.

The day of the procedure:

- If your procedure is scheduled after 9:30 AM, drink the remaining 1 liter of polyethylene glycol solution, beginning 4 hours prior your appointment time and finishing the entire bottle at least 3 hours prior to your appointment.
- You may take your blood pressure or heart medicine with a small sip of water.
- Otherwise, take nothing by mouth for 2 hours prior to the procedure.
- You will be at the endoscopy center for approximately 2 hours.
- You will receive sedatives during the procedure, so you must have someone to drive you home after the procedure.