

Ghiath Tayeb, M.D.
Reem Jarbou, D.O.
Seina Farshadsefat, D.O
Board Certified Gastroenterologists
811 South Blvd East, Ste 200
Rochester Hills, MI 48307

Instructions for Two Day Prep for Colonoscopy

Two day clear liquid diet with Go-Lytely Preparation

Patient's Name _____

Hospital/Facility _____

Date of Procedure _____

Time to Arrive _____

*** Arrival time is subject to change. The facility will call you the day before the procedure with the exact arrival time. ***

Two Days Prior to the Procedure:

- Begin clear liquid diet. (See diet instructions on the following page)
- PURCHASE a 117gram bottle of Miralax over the counter and a 32 oz bottle of Gatorade, orange or yellow, Mix together and drink at 6PM.

One Day Prior to Procedure:

- Continue clear liquid diet (See diet instructions on the following page)
- Try to drink lots of liquids to help with the cleansing and to prevent dehydration. You may continue the clear liquid until eight hours prior to the procedure.
- Mix and drink Go-Lytely preparation (see page 3)

Day of Procedure:

- Eight hours prior to the procedure do not eat or drink anything, including water.
- No medications may be taken in the morning before the procedure except heart and blood pressure medication (take with a *small* sip of water). Any other medications should be taken after the procedure is over.
- You may NOT work or drive the day of the procedure. You must have a driver that will remain in the facility during the procedure and drive you home or the test will be cancelled.
- If patient is taking weight loss/diabetic injection must stop injections as follows: if taking daily injection, hold injection the day of procedure. If taking weekly injections hold injection one week prior to procedure.

You may continue taking your regular medication during the preparation, with the following exceptions:

- **STOP** taking Aspirin, Motrin, and Arthritis medication 7 days prior to the procedure. If needed, you may take Tylenol products.

- **STOP** taking Iron (check multi-vitamin ingredients for iron), Coumadin, Warfarin, or any blood thinners (Plavix, Ticlid, Effient, or Pradxa) 3 days prior to the procedure.

If you have any questions or concerns, please call the office at **(248)-651-0800**.

If you are unable to keep your appointment, please give at least two business days' notice. A \$100 fee will be assessed for cancellations made after that time. Thank you.

PATIENT INSTRUCTIONS FOR THE GO-LYTELY BOWEL PREP KIT:

1. Obtain GO-LYTELY BOWEL PREP KIT from the pharmacy. You will need a prescription.
- **Two days before the procedure** begin clear liquids for breakfast, lunch, and dinner. You will also drink 117gram bottle of Miralax over the counter and a 32 oz bottle of Gatorade, orange or yellow.
2. **One day prior to procedure** Continue your clear liquid diet for breakfast, lunch, and dinner. In the morning add lukewarm water to the top of the line on the GO-LYTELY bottle. Shake to dissolve the powder. Place the bottle in the refrigerator. (The colder the solution is, the better it will taste).

PATIENTS NOT WORKING THE DAY OF THE BOWEL PREP:

STEP 1: **Starting at 1:00 p.m.** you will begin to drink the GO-LYTELY solution.

STEP 2: Shake the bottle of GO-LYTELY well before drinking. Drink one (8 oz.) glass every 10 minutes (about 8 glasses) until all of the contents have been consumed. It is best to drink each portion quickly rather than sipping on it.

PATIENTS WORKING THE DAY OF THE BOWEL PREP:

STEP 1: **Starting at 5:00 p.m.** you will begin to drink the GO-LYTELY solution.

STEP 2: Shake the bottle of GO-LYTELY well before drinking. Drink one (8 oz.) glass every 10 minutes (about 8 glasses) until all of the contents have been consumed. It is best to drink each portion quickly rather than sipping on it.

CLEAR LIQUID DIET INSTRUCTIONS

Day to begin your clear liquid diet: _____

Start your clear liquid diet when you wake up in the morning. No food, milk, or milk product (including powdered creamers) for the entire day and until the procedure has been completed.

No red, green, or blue liquids due to the dye colors!
Yellow, orange, or clear liquids are permitted.

Foods included on the clear liquid diet:

- | | |
|-------------|---|
| Beverages: | Carbonated beverages (soda & diet soda), coffee, tea, Gatorade, apple juice, orange Hi-C, white grape juice or white cranberry juice. |
| Desserts: | Jello, popsicles, frozen ices/slushes, Italian ices, freeze pops. |
| Soups: | Bouillon, broth (chicken or beef). |
| Sweets: | Honey, sugar, plain hard sugar candy (yellow or orange only). |
| Condiments: | Salt, pepper. |
| Fruits: | Strained (not just pulp free) pineapple, orange, or grapefruit juice. |