

**Colonoscopy Instructions (Golytely Prep)**

Procedure Date: \_\_\_\_\_ Follow Up: \_\_\_\_\_

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

FACILITY	ADDRESS	PHONE#
ORANGE CITY SURGERY CENTER	975 Town Center Dr Orange City Fl	386-456-5247
LAKE MARY SURGERY CENTER	460 ST Charles Court Lake Mary Fl	407-585-0263
FHC PLANS SURGERY CENTER	2777 Enterprise Rd Orange City Fl	386-481-6282
FL HOSPITAL FISH MEMORIAL	1055 Saxon Blvd Orange City Fl	386-917-5000

**Instructions:**

- 5 days before, do not take any: Aspirin, Aleve, Motrin, Naprosyn, Ibuprofen, Iron supplements, vitamins or herbal supplements. Tylenol is safe to use,
- Stop taking Plavix, Aggrenox, or Coumadin 5 days prior to procedure. Continue taking routine medications, including blood pressure and heart medications.
- If diabetic, only take ½ of your usual dose the morning of procedure.

**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.

**Soups:** Clear broth

**Sports drinks:** Gatorade, Powerade, Propel

**Juices:** White cranberry, White grape, Apple

**Beverages:** Tea, Kool-aid, Water

**Desserts:** Italian ices, Popsicles, Jello

**If your procedure is before 10 AM:**

1. **At 1 PM** the day prior to the procedure begin drinking the Golytely solution, drink 8 oz. glass every 10-15 minutes until you finish the entire bottle.

**If your procedure is after 10 AM:**

1. **At 5 PM** the day prior to the procedure Drink ½ of container of Golytely.
2. The Morning of the Procedure you will need to wake up **5 hours before the exam** to finish the remainder of your prep.

You may drink clear liquids (Water, apple juice, white grape juice) until 3 hours prior to the procedure. You must have a driver to take you home.

Good Luck! This is the hardest part of the procedure.

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

Please visit us on the web at ***GreaterOrlandoGI.com !***