

ST AUGUSTINE ENDOSCOPY CENTER  
212 Southpark Circle East  
St. Augustine, Florida 32086  
(904) 824-6108

Your: \_\_\_\_\_

Is on: \_\_\_\_\_

Your Arrival time is: \_\_\_\_\_

**\*Please read instructions 1 week prior to procedure.**

1. **You MUST have someone drive you home after the colonoscopy is completed because you will be sedated. You will not be able to drive or go to work until the next morning.**
3. **One week prior to colonoscopy STOP taking: fiber supplements, iron supplements.**
4. **Two days before procedure, mix Golytely/Nulytely according to directions and refrigerate.**
5. **The day before the colonoscopy**  
**No solid food or milk products.**
  - a. **Clear Liquids only:** water, tea, coffee, Gatorade, apple, or cranberry juice, Jell-O ( No red Jell-O) beef or chicken broth, soda, ginger ale, bullion, and popsicles. **(Use Vaseline, Destin, or A&D Ointment on anal area to prevent irritation.)**
  - b. You must drink all of the Golytely/Nulytely today. You may drink it over an 8 hour period of time if you desire. We suggest you start at 10:00 a.m. and be finished by 6:00 p.m. If you prefer to start in the afternoon, you may do so; but you must finish the prep by 6:00 p.m. for the best results.
6. **Day of exam** \_\_\_\_\_  
May have clear liquids until four (4) hours before colonoscopy.  
Nothing after \_\_\_\_\_
  - a. Heart medications and blood pressure medications should be taken on the day of your procedure with a sip of water.
  - b. **Please limit jewelry to rings only. No earrings or necklaces should be worn.**