

Procedure: _____

Date: _____ Arrival Time: _____

PLEASE READ INSTRUCTIONS ONE WEEK PRIOR TO PROCEDURE

1. One week prior to procedure, stop taking fiber supplements and iron supplements.
2. You must have someone to drive you home after the procedure because you will be sedated. You will not be able to drive or go to work until the next morning. Cabs or other public transportation are not acceptable unless there is a responsible adult to accompany you. Your driver must check-in with you at the time of your arrival. **Your procedure may be cancelled if you arrive without acceptable transportation and we cannot verify your transportation arrangements.**
3. You will be asked to leave any electronic devices with your driver. For the privacy of other patients, electronic devices will not be allowed in the procedure area.
4. **Two days before** procedure, mix Golytely/Nulytely according to directions and refrigerate.

The Day Before the Procedure

The day before the procedure, you may have a Clear liquids only. (Example: apple juice, broth, popsicles, black coffee). **No solid food or Milk products.**

- At 4:00pm, drink **ALL** of Golytely/Nulytely solution. Drink one 8oz glass every 10 minutes until solution is gone.
- Continue with clear liquids until midnight.

You will be allowed NOTHING to eat or drink after midnight EXCEPT:

- **Blood pressure or Heart Medications**
- **Seizure Medications**

The Day of the Procedure

- **Nothing by mouth after midnight except:** Heart medications, seizure medications, and blood pressure medications should be taken on the day of your procedure with a sip of water.
- Please limit jewelry to rings only. No earrings or necklaces should be worn.