



QUEEN CITY

GASTROENTEROLOGY & HEPATOLOGY

320 Lillington Ave, Suite 101

Charlotte, NC 28204-3189

2 Day Colonoscopy Prep

You are scheduled to have your procedure at:

Date of Procedure: _____ **Arrival Time:** _____

Please have your prescription for the bowel preparation filled as directed at least 72 hours prior to the procedure. Follow the instructions listed below carefully to prepare for your procedure.

Starting two days before your procedure:

1. If you are taking PLAVIX, COUMADIN OR WARFARIN stop it for 5 days before procedure.
2. Take CLEAR LIQUIDS ONLY for 2 days before procedure – please do not drink anything red or green in color and do not drink any dairy products. *Clear Liquids consists of apple juice, white grape juice, broth, coffee, ginger ale, Gatorade, popsicles, tea, any soda, popsicles and jello.
3. Drink one bottle of MAGNESIUM CITRATE at 3pm on two days before procedure; remember you only can take clear liquids on this day or Jello-O (except for red and green).
4. Mix Golytely as directed and refrigerate overnight.

Starting the day before your procedure:

5. On the day before procedure take DULCOLAX at 8am in the morning; remember you can only take clear liquids on this day as listed above.
6. Start drinking GOLYTE as directed at 1:00pm –drink one glass every 10 minutes until all done, IF YOU FEEL NAUSEOUS GIVE YOURSELF A BREAK for 20 – 30 minutes. Within 1-1 1/2 hours, you should start having bowel movements. You **SHOULD FINISH** the entire container. Remember If your colon is not cleansed, the examination will not be useful and will need to be repeated.
7. Drink PLENTY of FLUIDS so that you do not get dehydrated.
8. **NOTHING TO EAT OR DRINK AFTER MIDNIGHT** the night before your colonoscopy.
9. Do not take your diabetes medicines on the day of procedure.



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10. Take all other medications the morning of your procedure with small sips of water.

11. You will be given intravenous sedation for the colonoscopy. **YOU WILL NOT BE ABLE TO DRIVE THAT DAY!!** A responsible adult must be able to drive you to the procedure and drive you home afterwards. Bus and taxi service will not be accepted. Verification of transportation will be done; otherwise you will need to be rescheduled for the next available endoscopy day.

If you have any questions, please contact the QCGH office at 704-362-4403.