5 days before your test:

Check with your doctor or nurse if you have diabetes or take any of these drugs:

- Coumadin (Warfarin), Effient (Prasugrel), Iron pills, Plavix (Clopidogrel), Persantine (Dipyridamole), Ticlid (Ticlopidine)

1 day before your test:

**WHAT YOU CAN / CANNOT HAVE:**

- No solid foods or alcohol.
- In the morning, drink only clear liquids (nothing red or purple) all day from early morning until after your test.
  
  **Clear liquids include:**
  
  - Water, tea, coffee with no milk or cream, apple juice, chicken broth, 7UP®, Sprite®, Jell-O®, popsicles (no fruit or ice cream).

- Make the Golytely in the morning and keep it cold.
- Start drinking the Golytely at _______________.
- You must drink half of the liquid – chilled or at room temperature – over the next 2 hours.
- To finish half of the bottle in 2 hours, you must drink 6 to 8 ounces every 15 minutes.
- Keep the rest of the Golytely cold until the next morning.
- You will start having diarrhea. Use “wet wipes” to clean your skin in the rectal area.
- Continue to drink the clear liquids until you start the next half of the Golytely in the morning.

Day of your test:

- Do not chew gum.
- Start drinking the rest of the Golytely 4 hours before your appointment at _______________.
- Finish the Golytely 2 hours before your appointment by _______________.
- Take your high blood pressure, seizure, or psychiatric drugs with sips of water.
- Take nothing else by mouth.
- Brush your teeth but do not swallow the water.
- Wear comfortable, loose fitting clothing.
- Do not wear any jewelry or make up or bring a purse.
- If you wear dentures, partials, or contact lenses, give them to your family.
- Be sure to get to the test at or before the assigned arrival time.
- If you have diabetes or other illnesses:

Anticipate spending a 1/2 day at the hospital for the entire procedure.

After your test:

- You may spend 30 to 60 minutes in the Recovery Room before you can leave.
- You will get instructions about what to eat and which drugs to start taking or hold for a few days.
- You may be drowsy and have increased gas and bloating after the test. These symptoms will go away soon.
- You cannot drive, eat a heavy meal, make important decisions, use power equipment, or stay by yourself for 24 hours.
- If you have stomach pain, bleeding, or any other unusual symptoms, please call:

Visit: www.bcm.edu/cprit/colonoscopyprep

To hear these instructions in English, Spanish, or Vietnamese, call 713-798-1121

**APPOINTMENT DATE AND TIME:**

_________________________________ / ________________

Date Time

**ALREV20150414**

Project funded by the Cancer Prevention and Research Institute of Texas (CPRIT Award PP140028)