

EAST SIDE ENDOSCOPY

380 2nd Avenue (22nd ST), Concourse A
New York, NY 10010

BETH ISRAEL MEDICAL CENTER

16th Street and 1st Avenue, Endoscopy 8 Dazian
New York, NY 10003

2 DAY COLONOSCOPY PREPARATION

Diet: (READ THIS FIRST!!)

DO NOT eat solid food for TWO DAYS before the procedure.

Clear liquids and milk drinks only may be consumed the entire prep day. Apple juice, chicken or beef broth, soda, Gatorade, tea or coffee with sugar, Jell-O, Italian ices, milk shakes and sherbet are allowed.

General Instructions: The colonoscopy preparation is sometimes challenging but is extremely important. Without a good prep, the Endoscopist is more likely to miss polyps or other abnormalities. Most people will start their prep between 4-6 PM, so that the cleansing will be mostly finished by 10-12 AM, but their start times are OK. Nausea, fullness and cramps are common and usually mild. Make plans to have an escort accompany you home. You will not be able to drive for 24 hours.

TWO DAYS BEFORE COLONOSCOPY:



purchase a Bottle of Magnesium Citrate (10

oz) *do not purchase the red*

- Clear liquid diet ONLY
- Drink one bottle of magnesium citrate at 6 PM

ONE DAY BEFORE COLONOSCOPY:



Golytely (*with Rx*)

- Clear liquid diet ONLY
- Take Golytely starting at 4 PM. Drink one glass every 15 minutes until finished.

DAY OF COLONOSCOPY:

- Do not drink anything.
- ****Hold aspirin for one week prior to exam.**
- ****Take blood pressure medications morning of the procedure with a sip of water.**
- *****Talk to you doctor about your diabetes medications.**

Date of Procedure: _____