

## **Ridge Medical Associates, LLC**

**2209 North Blvd. Suite A, Davenport, FL 33837**

### **COLONOSCOPY/POLYPECTOMY PREPARATION INSTRUCTIONS**

**There will be a \$50 charge for procedures cancelled with less than 24 hour notice and for no-shows**  
**ONE WEEK BEFORE THE PROCEDURE**

1. If you are on Blood Thinning medication(s), they will need to be stopped prior to the procedure:  
**Coumadin (warfarin), Plavix (clopidogrel), or Ticlid (ticlopidine): stop taking medication 5 days before the procedure.**  
**Pradaxa, Xarelto, Eliquis: Stop taking medication 3 days before procedure**  
**Aspirin: Stop taking medication 7 days before procedure**
2. Do not use Advil Motrin, or any other anti-inflammatory or aspirin-like products except for Acetaminophen (Tylenol).
3. Stop all Iron medications and stool bulking agents such as bran, Metamucil and Citrucel
4. Obtain **Golytely powder, a prescription medicine,** at your local pharmacy

### **THE DAY DEEORE THE PROCEDURE:**

1. You may have a light breakfast. After breakfast, your diet the rest of the day will consist of only clear liquids. (Water, apple juice, colored soda, black coffee, black tea, soup broth/bouillon, Popsicles, jello, etc.) Do not eat solid foods, dairy products and any red colored liquids.
2. **If you take diabetes pills, do not take those pills on the day before the procedure. If you are on Insulin, take half your usual morning dose and do not take any more insulin rest of the day.**
3. In the morning, mix the Golytely powder, with one gallon of water, and refrigerate.
4. **At 4 PM, start drinking the Golytely solution: 8 oz every 15 minutes till finished with 2/3<sup>rd</sup> of 1 gallon.** Refrigerate the rest.

**Diarrhea is the goal. You should expect it.** Plan nothing else for this evening because you will need to stay near restroom facilities.

If you have any concerns, please telephone and speak with the physician on call before stopping the bowel preparation

### **THE DAY OF THE PROCEDURE:**

1. **4 to 5 hours before the procedure, drink the rest of the Golytely**

### **DO NOT DRINK ANYTHING FOR AT LEAST 4 HOURS BEFORE THE PROCEDURE**

2. **TAKE YOUR MORNING MEDICATIONS EXCEPT YOUR DIABETES MEDICATIONS, WITH A SMALL AMOUNT OF WATER. DO NOT TAKE DIABETES MEDICATIONS.** Please call with any questions or concerns about medications.
3. You will receive intravenous medications during the procedure for your comfort.  
**BRING SOMEONE WHO CAN DRIVE YOU HOME. Do not drive or undertake potentially dangerous tasks for the remainder of the day.**
5. Do not wear nail polish, lotions, powders or perfumes. Wear a short-sleeved shirt

Please call our office with any questions or concerns about your procedure, at **(863) 679-8000**  
**After 5 PM, call Lake Wales Hospital at (863) 676-1433** and ask for Dr Nihalani to be paged