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**GASTROENTEROLOGY**  
*Buffalo Medical Group, P.C.*

PATIENT INSTRUCTIONS FOR COLONOSCOPY WITH GOLYTELY PREP

You are scheduled for your procedure on \_\_\_\_\_.

Please report to \_\_\_\_\_ at \_\_\_\_\_.

**Please call our office at 631-2517 if you are taking any aspirin products, Coumadin, Plavix, or other blood thinning products. These need to be stopped with clearance from your Primary Care Physician or Cardiologist prior to your procedure.**

**Do not take any iron pills, iron supplements, and other supplements containing fish oil or flax seed oil 5 days before your exam.**

**Please remember to continue taking heart, blood pressure, asthma, anti-anxiety and seizure medications. Please do not consume corn, nuts and seeds for 5 days prior to your exam.**

**A script will be sent to your pharmacy for Golytely and purchase a 10oz bottle of citrate of magnesium.**

Please call our office to let us know if you are allergic to Versed or Demerol.

If you are a diabetic, please contact your Primary Care Physician. They will need to regulate the dosage of your insulin or glucose the day of your procedure.

**THE DAY BEFORE THE PROCEDURE:**

1. You will be on clear liquid diet (see below) all day.
2. At 2 PM drink 10 ounce bottle of Lemon Magnesium Citrate (over the counter).
3. At 5 PM mix Golytely with water or powdered sugar free drink such as Kool-Aid or Crystal Light drinking only ½ the gallon mixture.
4. Keep remainder of the solution refrigerated until the morning.

**THE DAY OF THE PROCEDURE:**

1. At 5 AM the morning of the test finish taking the remaining ½ of solution
2. Take any heart, blood pressure, asthma or anti-anxiety medications with a sip of water.3. **BRING SOMEONE TO DRIVE YOU HOME. YOU ARE NOT PERMITTED TO TAKE A TAXICAB HOME UNLESS SOMEONE IS PRESENT TO RIDE WITH YOU.**

**PRESENT TO RIDE WITH YOU.** Because of the effects of the sedation, you may not drive the remainder of the day.

A **CLEAR LIQUID** diet means: no milk or milk products; no solid foods; no products containing RED or PURPLE dyes. Most cola drinks Like Pepsi or Coke have red dyes. You can have water, clear broth or bouillon, coffee/tea (without milk or non dairy creamer)sherbet, Strained fruit juices without pulp, Gatorade, ice popsicles, carbonated and non-carbonated soft drinks, Jell-O, Kool-Aid.

***If you are currently taking any of the medications listed on the next page, please contact your prescribing physician for clearance to stop these medications.***

***If you are currently taking any of the medications listed below, please contact your prescribing physician for clearance to stop these medications.***

**Anticoagulation Therapy**

**Antiplatelets:**

Plavix® (clopidogrel)

Brilinta® (ticagrelor)

Effient® (prasugrel)

Aspirin

**Other NSAIDs:**

diclofenac, ibuprofen (Motrin®), indomethacin, ketoprofen  
delecoxib (Celebrex®), diflunisal, naproxen (Aleve®, Naprosyn®), sulindac  
meloxicam (Mobic®), nabumetone, piroxicam (Feldene®)

**Anticoagulants:**

Coumadin® (warfarin)

Eliquis® (apixaban)

Pradaxa® (dabigatran)

Xarelto® (rivaroxaban)

Savaysa® (endoxaban)