

Preparation Instructions: Flexible Sigmoidoscopy w/wo EUS with Split Dose Golytely

The day before your procedure	
STOP: (Unless Otherwise Instructed By Your Doctor) <ul style="list-style-type: none"> ➤ Do not eat any solid food all day. ➤ NSAIDs including: Aspirin, Ibuprofen (Motrin, Advil), Naproxen (Aleve, Naprosyn), Goody's, and similar medications. 	Can Have: <ul style="list-style-type: none"> ➤ Water and clear liquids (anything that you can see through, such as chicken broth, beef broth, vegetable broth, Jello, popsicles, tea and coffee (no cream), apple juice, white grape juice, Gatorade, water and clear soda).

✓ **Recent blood work may be necessary before your procedure date**

The day of your procedure	
STOP: (In Addition To Above) <ul style="list-style-type: none"> ➤ Do not drink or eat anything the morning of your procedure ➤ Do not take any medications until after your procedure except blood pressure, heart, or seizure medications (see right). ➤ Diabetic pills 	Can Have: <ul style="list-style-type: none"> ➤ If you are on blood pressure, heart, pain or seizure medications please take them at 6 AM with a small sip of water. If you are diabetic, check your blood sugar. If greater than 200, take ½ of your morning insulin. Your blood sugar will be checked before your procedure.

- ✓ At **6 pm** start drinking Golytely (PEG 3350). Drink 8 ounces every 15 minutes until half of the solution is completed (within 2 hours of start time). At **2 am** of the day of your procedure, drink the remainder of the solution 8 ounces every 15 min until all the solution completed. Bowel prep should be completed by 4:00am. Do not drink anything once prep is completed. The bowel preparation medication may cause cramping, diarrhea and maybe nausea. If you get nauseated, rest for 20-25 minutes and then start again.
- ✓ You MUST have someone with you to drive you home. Your procedure will not be performed unless you have a ride. Only if you have an escort may you leave by taxi. (Call with questions: 904-244-3735)