

Scott Tenner, M.D., M.P.H., F.A.C.G.
*Director, Medical Education and Research,
Gastroenterology, Maimonides Medical Center
Assistant Professor of Medicine, Mount Sinai School of Medicine*

**2211 Emmons Ave, Brooklyn, NY 11235
718-368-2960**

GOLYTLLE COLONOSCOPY PREP – SAME DAY

Mr./Mrs./Ms _____ has an appointment for colonoscopy

on _____ at _____

This procedure is an examination of the entire colon, or large bowel. It is designed to help explain symptoms such as bleeding, change in bowel habits or abdominal pain. It permits the taking of biopsies and the removal of polyps, if any are found. You will be asked to sign a standard consent form. Like other invasive procedures in medicine, there is a small but real risk to colonoscopy which includes bleeding, infection and perforation. By signing the form you are acknowledging that you are aware of this. Please feel free to ask any questions.

**In order for the colonoscopy to be successful, the following preparation is required:
Please follow the instructions carefully. Feel free to contact Dr. Tenner if there are any questions.**

5 days prior to the exam discontinue the following medications: aspirin, aleve, advil, motrin, ibuprofen, coumadin (these medications interfere with the procedure by promoting bleeding. For pain, ONLY TYLENOL IS SAFE. Discontinue iron supplements.

- (1) PURCHASE: one bottle of Citroma (magnesium citrate) and one gallon of Golytle.**
- (2) Put Golytle with added water (fill jug completely) in refrigerator to make cold.**

Day of Procedure:

(3) CLEAR LIQUID DIET ONLY: BROTH, TEA, APPLE JUICE, TEA, LEMON ICES

**(5) 7 am Drink 1 Bottle of CITROMA (available over the counter)
(Do Not Use Cherry Flavored Citroma)**

(6) 9 am, Drink one gallon of Golytle over 3 hours

AFTER 12 noon: Do not eat, drink anything!!!!

Take all medications (except medications for diabetes).

Do not take tranquilizers or sedatives the day of exam.

YOU CANNOT DRIVE OR OPERATE MACHINERY FOLLOWING THE EXAM.