

ADVANCED GASTROENTEROLOGICAL ASSOCIATES

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Colonoscopy Preparation

You must follow a clear liquid diet ALL DAY before procedure until midnight

Food Group	Food Allowed
Fruits juices	Apple and white grape juices
Beverages	Tea, clears carbonated sodas, Gatorade, Kool-Aid (none with red or purple dye) Strained lemonade, water.
Coffee	One cup (black). NO MILK OR CREAMER
Soups	Clear broth, bouillon
Dessert/Sweets	Popsicles, flavored ices, flavored gelatin, hard candy (none with red dye).
Seasoning	Salt, lemon juice

GoLYTELY or NuLYTELY (prescription)

- Mix the laxative preparation as directed on the label and place in the refrigerator for a few hours to chill before drinking.
- At 2:00 P.M., begin drinking the laxative preparation (GoLyteLy, NuLyteLy or Colyte). Drink one 8 ounce glass every ten to fifteen minutes until the entire bottle is consumed. You should complete drinking the laxative preparation by 8:00 P.M. Drink the preparation with a straw; this may make it easier to consume. You may add the flavor packet provided with the medication, but **do not** add any additional flavoring to the liquid (NO RED or PURPLE).
- If you experience vomiting, stop drinking the preparation for 20-30 minutes then restart and finish the remainder of the preparation. If you are unable to finish the remainder of the bowel preparation due to vomiting, call the office at 407-566-0700.
- On the day of the procedure, do not take anything by mouth. Take only those medications as discussed previously (blood pressure, heart, seizure medications) with a sip of water.

If you have any questions feel free to call the office at 407-566-0700.