

SUDARSHAN SINGAL, M.D., F.A.C.G.**Gastroenterology**

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INSTRUCTIONS FOR COLONOSCOPY

You are scheduled for a procedure at Southgate Surgery Center on _____. Their staff will call you the day before your procedure to provide your **arrival** time. Duration of the average stay is 2-3 hours.

THE DAY BEFORE THE TEST

1. **You must have a liquid diet all day.** A liquid diet may consist of soups, Jell-O, and pudding. You may have cream in your coffee for breakfast if you desire. You are to have **no** solid food today. Please refrain from any red or purple Jell-O. See Instructions for Liquid Diet.
2. At **3:00 pm**, start drinking the NuLYTELY with any one (1) flavor pack of your desire. Finish the entire gallon in 2-3 hours.
3. For dinner, you may have clear soup and any liquids until midnight.
4. **Do not eat or drink anything after midnight.**

THE DAY OF THE TEST:

1. If you are taking medication(s) for your blood pressure or your heart, take it (them) with a small amount of water.
2. Arrive promptly at the surgery center at the time listed above.
3. You must have someone with you at the surgery center during your entire stay and to drive you home. If you have a problem and need a driver, please call Southgate Surgery Center to request courtesy transportation or to reschedule the procedure.
4. If you are taking **aspirin**, please discontinue two (2) days prior to the test. If you are taking **Coumadin** or **Plavix**, please discontinue seven (7) days prior to your test.