

South Island Gastroenterology Associates, PC  
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You are scheduled to have a colonoscopy on \_\_\_\_\_ at \_\_\_\_\_

**Extended Golytely Colonoscopy Preparation**

**5 days before-** Begin low residue diet. No fruit. No vegetables. No high fiber products. You may eat all protein- fish, chicken, eggs, meat and dairy. You may eat all white flour products- breads, cake, pasta, ice cream without nuts or raisins.

**2 nights before your procedure,** eat an early dinner- wait 3 hours and drink one (1) 10oz bottle over the counter citrate of magnesium- at bedtime take 2 Dulcolax pills.

**Day before** - Clear liquids all day long.

**At noon** take two Dulcolax tablets.

**At 5:00-6:00 pm** one- half gallon of preparation.

**At bedtime** two more Dulcolax tablets.

**Morning of procedure-** 5 hours before your scheduled appointment, drink the remaining prep (half gallon).

Stop all liquids four hours prior to your procedure.

\*Clear liquids are Sprite, seltzer, ginger ale, water, jello, chicken broth that is clear. Please do not have any red or orange as this could obscure some findings.

\*Pay attention to your medications. No blood thinner such as aspirin, Motrin, Coumadin or Plavix. Please ask your internist or cardiologist if you can stop blood-thinning medications. Please call us with any other medication questions.

Note: If you have any form of kidney disease you should speak to a physician, PA or nurse (not a receptionist) in this office prior to taking this preparation.

\*Do not drink any liquids four hours prior to your procedure time.\*