

DIGESTIVE MEDICINE ASSOCIATES, LLP

2140 West 68 Street, Suite 300, Hialeah, FL 33016 | 3133 Ponce de León Boulevard, Coral Gables, FL 33134
18044 N.W. 6 Street, Suite 102, Pembroke Pines, FL 33029 | 11410 North Kendall Drive, Suite 311, Miami, FL 33176
3650 NW 82nd Ave, PH 506, Doral, FL 33166
Ph: 305-822-4107 Fax: 305-822-5086 | digestivemed.com

Francisco R. Maderal, MD
Onix C. Garib, MD
Víctor M. Padilla, III, MD

Jeff O. Gonzalez, MD
Jorge D. Castaneda, MD
Vanessa Mendez, MD

José L. Martínez, MD
Joel Kertzus, MD
Juan Pablo Blum Guzman, MD

GOLYTELY INSTRUCTIONS FOR COLONOSCOPY

FIVE (5) DAYS PRIOR TO THE PROCEDURE:

- If you take medication for Pain & Arthritis, for example: Advil, Motrin, Naproxen, or any other medication containing Aspirin, Omega 3, Fish oil, or Anticoagulants such as: Coumadin, Pradaxa or Plavix, **CONTINUE TAKING** them before your procedure.
- If you take medication for Pain & Arthritis, for example: Advil, Motrin, Naproxen, or any other medication containing Aspirin, Omega 3, Fish oil, or Anticoagulants such as: Coumadin, Pradaxa or Plavix, **STOP TAKING** them five (5) days prior to your procedure.
- **For patients injecting WEIGHT LOSS MEDICATIONS such as Ozempic, Wegovy, Semaglutide, Mounjaro Tirzepatide, you MUST STOP the medication at least 7 days before the procedure.**

DAY BEFORE PROCEDURE:

1. Clear **liquids diet ALL day** for breakfast, lunch and dinner. Clear liquids include Apple/Grape Juice, Sprite, Gatorade, Chicken Broth, Jello (no red coloring) & Tea. **NO SOLID FOOD!!!!**
2. Begin taking the GOLYTELY, COLYTE OR TRILYTE with flavor packs at 6:00 PM. One glass every 10-15 minutes for about 2-3 hours or until finished. FILL THE GALON WITH YELLOW OR WHITE GATORADE INSTEAD OF WATER FOR IT TO TASTE BETTER. NOT GREEN OR RED OR ORANGE.
3. **DO NOT EAT OR DRINK PAST MIDNIGHT BEFORE THE PROCEDURE.**
4. Do **NOT** take medication for Diabetes the night before or morning of the procedure.
5. If you are on Antihypertensive / Blood Pressure medication, you **SHOULD** continue to take them as usual with a sip of water.

DAY OF PROCEDURE:

1. **DO NOT** EAT OR DRINK ANYTHING THE DAY OF PROCEDURE.
2. If you are on Antihypertensive / Blood Pressure medication, you **SHOULD** continue to take them as usual with a sip of water on the day of the procedure.

Call 305-339-4327 if you have any questions about how to take the preparation or if you have any problems getting your preparation or any issues about the procedure.

If you have a fever or cough or have been in contact with a person or location known or suspected to have been exposed to the Coronavirus (COVID-19), please call the clinic to reschedule your appointment. For the safety of other patients your procedure will not be done if you have any of the above.

Your physician has recommended further procedures, diagnostic testing or labs. Your physician advises these services be completed in no more than three weeks and that you have an opportunity to review the clinical findings and discuss your treatment plan with your physician. If you are unable to keep your appointments, you must let your physician know.

Make sure to arrange transportation after your procedure. You should NOT Drive any vehicle for 24 hours following the procedure due to the sedation you received. You must also have a responsible adult remain with you 24 hours after the procedure. If you have a true medical emergency, call 911 or go to the nearest emergency room. Do not bring jewelry, dentures, hearing aids. We are not responsible for losing personal property.

For the Palmetto Location:

During the hours of 9:00am-11:00am the parking lot is very congested. Please consider taking an Uber/Lyft or being dropped off.

I UNDERSTAND THAT IT IS MY RESPONSIBILITY AND I HAVE ARRANGED FOR A RESPONSIBLE ADULT TO DRIVE ME HOME AND PROVIDE ASSISTANCE FOLLOWING THE PROCEDURE. I ACKNOWLEDGE THAT I HAVE BEEN ADVISED NOT TO DRIVE UNTIL THE EFFECTS OF ANY MEDICATION HAS WORN OFF, NORMALLY FOR THE FIRST 24 HOURS AFTER THE PROCEDURE. I UNDERSTAND THIS TO MEAN THAT I SHOULD NOT DRIVE UNTIL THE DAY AFTER THE PROCEDURE OR AS DIRECTED BY THE SURGEON.