



**IF YOUR COLONOSCOPY/EGD IS IN THE MORNING, USE THESE INSTRUCTIONS**

**\*\* 2 DAYS CLEAR LIQUID DIET \*\***

Your Colonoscopy/EGD is scheduled for: \_\_\_\_\_ at \_\_\_\_\_ AM  
Check in at:

751 South Bascom Avenue  
Valley Specialty Center (VSC), Gastroenterology, Suite 540  
San Jose, CA 95128

**Please continue taking aspirin unless directed otherwise by your physician. If you are taking blood pressure medications for high blood pressure, please continue to take them as usual on the day of the procedure (with small sips of water).**

Do not take any iron containing medications (such as ferrous sulfate) for one week before procedure. Stop these medications on date: \_\_\_\_\_

**2 (TWO) DAYS BEFORE YOUR PROCEDURE:** Date: \_\_\_\_\_

Have a CLEAR LIQUID DIET (see handout) for the whole day (breakfast, lunch, dinner, snacks). No solid food until after the procedure. Drink 6-8 glasses of water or clear liquids during the day to avoid dehydration.

**THE DAY BEFORE YOUR PROCEDURE:** Date: \_\_\_\_\_

Have a CLEAR LIQUID DIET (see next page) for the whole day (breakfast, lunch, dinner, snacks). No solid food until after the procedure. Drink 6-8 glasses of water or clear liquids during the day to avoid dehydration.

**8:00 AM:** Take 2 (two) of the Dulcolax tablets. Mix your Golytely prep in the plastic container with water, shake until the powder is dissolved, and put into the refrigerator. **DO NOT DRINK GOYTELY UNTIL 7PM.**

**4:00 PM:** Take 2 (two) of the Dulcolax tablets.

**7:00 PM to 8:00 PM:** Begin drinking the Golytely solution. Drink 1 big glass (16 fluid ounces) every 15 minutes. Finish drinking one half of the gallon. After drinking the Golytely, take 2 (two) of the Simethicone tablets.

**THE DAY OF YOUR PROCEDURE:** Date: \_\_\_\_\_

**4:00 AM to 5:00 AM:** Drink the other half gallon of Golytely solution. Drink 1 big glass (16 fluid ounces) every 15 minutes. After drinking the Golytely, take 2 (two) of the Simethicone tablets.

Nothing more to eat or drink now until after procedure.

Please take your medications as usual, especially your blood pressure medications as approved by your GI doctor, with small sips of water.

Note: You must drink the entire gallon of Golytely solution for an accurate examination. If your colon is not well cleaned out, the test may have to be rescheduled for another day. Your stool should be clear or yellow liquid. If stool is still formed or preparation not going as expected, call the number below.

Remember: You cannot drive after the procedure. You will be medicated and will be drowsy at discharge. Therefore, a responsible adult must accompany you when you leave. The responsible adult must come to the GI Endoscopy Suite to pick you up after the procedure.

If you have any questions, please call the GI Clinic at (408) 885-7658. Hours are 8am - 5pm, Monday-Friday.