

**New York Gastroenterology & Hepatology**  
Assistant Professor of Clinical Medicine  
Columbia University College of Physicians and Surgeons  
Jonathan Rieber, MD  
5030 Broadway, Suite 707  
New York, NY 10034  
T: 718-412-3445 F: 212-567-8480

---

### **Golytely prep: Colonoscopy**

Please follow these instructions in preparation for your colonoscopy exam. Please call the office at 718-412-3445 with any question you may have.

Please stop all blood thinner medications 5-7 days prior to procedure.  
Stop all **ASPIRIN**, **ADVIL**, **ALEVE**, as well as any **IRON**, being taken. If needed, you may take **TYLENOL** for pain only.

**The day before your procedure: You may not eat solid food- Only Liquids- mix the solutions accordingly to instructions on the bottle.**

It is critical that you follow the instructions to drink lot of clear liquids such as water, apple juice, coconut water with no pulp, Gatorade (nor red or purple), clear soup broth, tea, coffee (black), ginger ale, 7 up. **Only clear drinks.**

**DO NOT DRINK ANYTHING RED OR PURPLE nor ORANGE JUICE OR MILK.**

**You must start drinking your Golytely prep at 5:00 pm and finish by 7:00pm. You may continue to drink clear liquids till 10:00 pm.**

**On day of exam:**

**No solid food to eat or drink. No smoking (i.e., cigarettes, marijuana, vapes), chewing gum or THC gummies edible.**

You will be charged \$100.00 cancellation fee if you do not cancel 3 days prior to the procedure or if you do not present yourself to your procedure.

Remainder: You may not drive yourself back home from procedure site. You must have someone with you to accompany you on that day. Escort must be over the age 18.

Please arrive early and on time to facility as instructed. You must have your insurance card, Photo ID and an escort depending on facility location.

Date: \_\_\_\_\_ Time: \_\_\_\_\_

Location: \_\_\_\_\_