

## Colonoscopy Preparation Check-list

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

\*\*\*\*This is an estimate and may not be the exact time of your procedure. All efforts will be made to keep to the scheduled time but delays do occur. We thank you for your patience in advance\*\*\*\*

Females of childbearing age MUST have a pregnancy test within 72 hours of Procedure.

\*\*Complete the test at least 30 minutes before coming to the GI Clinic, or your procedure will be delayed\*\*

Patients using Coumadin or Plavix should follow instructions as discussed with your MD or PA.

Do not eat olestra/olean five days prior to procedure or according to your doctor's instructions.

### 1 Day Prior to Procedure:

- 
1. The Golytely should be mixed with water in the morning and chilled in your refrigerator.
  2. Add ½ a bottle of the baby gas drops (Simethicone) to the jug. Save the other half.
  3. Add any of the flavor packets provided or use Crystal Light or sugar free Koolaid.  
\*\*\*No red or dark colors please\*\*\*
  4. Mix well and place in refrigerator to chill for the rest of the day.

- 
- A. DIET: You may have breakfast & lunch BUT MUST AVOID THE FOLLOWING FOODS:
- Vegetables of any kind (in soups, salads, sandwiches et cetera)
  - Nuts or any seeds
  - Popcorn
  - Un peeled fruit or those with small seeds (peeled apples and grapes are ok)

- 
- B. CLEAR LIQUIDS ONLY AFTER 1:00PM THROUGH 5:00pm  
You may have Gatorade, water, ice, popsicles, ginger ale, 7-Up, Sprite, Coke, Pepsi etc, Jello (No red or dark colors), chicken, beef or vegetable broth. You may also have black tea and coffee.  
Milk and cream are NOT allowed.

- 
5. At 2:00pm take the 4 Dulcolax pills (Bisacodyl) on an empty stomach with a full glass of water of juice.

Do not take antacids, milk or other dairy products.

- 
6. At 5:00pm (1700), drink 2/3 of the gallon of Golytely gallon. Drink over the next 2 hours.

If you experience nausea, stop drinking for 15 minutes and give the fluid time to empty from your stomach and then resume drinking.

- 
- C. Medications: Take as regularly scheduled or as directed by your Doctor or PA. Take only ½ of any long acting insulin the night before your procedure (lantus, ultralente, etc)

You may drink water or diet 7-Up/Sprite up until two hours before your procedure.

## Colonoscopy Preparation Check-list

Morning of Procedure: Date:

Time:

- Drink the remaining 1/3 of the Golytely 4 HOURS PRIOR TO YOUR PROCEDURE TIME. Please have it completed 2 hours before your procedure time. **NOTHING ELSE TO DRINK**
- A. Medications: Take as regularly scheduled or as directed by your Doctor or PA.
  - B. Take only ½ of any long acting insulin (lantus, ultralente, etc)
  - C. Do not take short acting insulin, glyburide/glipizide the morning of procedure
  - D. If diabetic please bring your testing machine and strips.
  - E. **\*\*Check your blood sugars in the AM\*\***

Reporting of Procedure: Date:

Time:

Go to Hospital Oceanside Admissions (1st Floor, first door on the right) at least 45 minutes before your procedure time. (433-6112).

**\*\*\*\*Failure to go to Admissions will delay your procedure\*\*\*\***

- Go to Medical Specialties Clinic/GI Clinic at least 15minutes before your procedure.

Clinic opens at 0730. (433-1007)
- Anticipate being here for 2-3 hours for preparation, procedure and recovery time.
- Escort **MUST** be present to sign discharge paperwork and to take you home.

**WE WILL NOT PERFORM YOUR PROCEDURE IF YOU HAVE NO ESCORT TO DRIVE YOU HOME. ESCORT MUST BE AVAILABLE NO LATER THAN 1500HRS (3PM) AND PHYSICALLY COME TO THE CLINIC BEFORE YOU CAN BE DISCHARGED.**

Please call the Clinic (433-4084) with any questions regarding your prep. If you need to cancel or reschedule your appointment please call 433-1077. Please try to give as much notice as possible.

**\*\*NO DRIVING, DRINKING ALCOHOL, EXERCISE OR WORKING FOR 12HRS AFTER YOUR PROCEDURE\*\***

**\*\*LEAVE ALL VALUABLES AND JEWELRY AT HOME AND DRESS COMFORTABLY\*\***

Mahalo and we look forward to serving you.