Colonoscopy Preparation Instructions

IMPORTANT: Carefully read the entire packet now

1. **Obtaining your preparation kit.** GoLYTeLY® will be provided to you in the clinic. Read all directions carefully.
2. **Transportation:**
   a. If arriving by car: You will need to have a licensed driver to drive you home.
   b. If arriving by taxis or car service: You will need a responsible adult to escort you.

   **Without a driver or escort your procedure will be cancelled.**

3. Watch a video which explains how to prepare for your colonoscopy. Type this URL into your internet browser:
4. Review medication instruction sheet for any additional instructions.
5. **If you have chronic constipation, take opioid medications or have failed a bowel preparation in the past, you are at risk for a poor preparation.** We recommend this extended bowel preparation:
   a. Two (2) days before your procedure: **follow a clear liquid diet**
   b. The morning before you start regular GoLYTeLY® preparation: take one (1) bottle of other the counter magnesium citrate

Instructional videos and other information can be found on-line:

http://tiny.cc/NMCSDGastro (case sensitive!)
OR
Scan with your phone (using QC code scanner app)
6. **Day of procedure check-in:** On the day of procedure at the Arrival Time listed above you must check in at the front desk of the General Surgery Clinic, located in Building 3, 4th Deck. You need to allow time for traffic and parking.

### Preparing for your **Morning Colonoscopy**

**Starting Seven (7) days before your procedure date:**

**Restrictions**
- **Medications:** Stop NSAIDs: Ibuprofen (Motrin®, Advil®), Naproxen (Aleve®, Naprosyn®) and other similar medications, Iron, fish oil, Vitamin E
- **Diet:** No seeds, nuts, popcorn or extra fiber

**Two (2) days before your colonoscopy:**

**Restrictions**
- **Diet:** No green vegetables or fresh fruits

**One (1) day before your colonoscopy:**

**Restrictions**
- **Diet:** No solid foods
  - No dairy products
  - No alcohol
  - No RED or PURPLE colored juices, popsicles or sports drinks

**Starting at 6 p.m. on night before your colonoscopy:** Start GoLYTeLY® bowel preparation solution

Drink ½ of the prep solution: Every 10-15 minutes, drink 1 (8 oz) glass of the solution until you have finished half of the solution. Save the rest of the solution for later. You may store it in the refrigerator or keep it at room temperature.

**CONTINUE**
- **Medications:** Yes prescription medications (especially blood pressure and/or heart medications)
  - Yes Acetaminophen (Tylenol®)
- **Diet:** Yes meat, fish, tofu, white bread, white rice, noodles, yogurt, fruits and vegetables (remove skin and seeds), pasta, eggs, cheese and dairy products

**Procedure Day!**

**Starting Seven (7) days before your procedure date:**

**Restrictions**
- **Medications:** Stop NSAIDs: Ibuprofen (Motrin®, Advil®), Naproxen (Aleve®, Naprosyn®) and other similar medications, Iron, fish oil, Vitamin E
- **Diet:** No seeds, nuts, popcorn or extra fiber

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- **Diet:** No green vegetables or fresh fruits

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**Restrictions**
- **Diet:** No solid foods
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  - No alcohol
  - No RED or PURPLE colored juices, popsicles or sports drinks

**Starting at 6 p.m. on night before your colonoscopy:** Start GoLYTeLY® bowel preparation solution

Drink ½ of the prep solution: Every 10-15 minutes, drink 1 (8 oz) glass of the solution until you have finished half of the solution. Save the rest of the solution for later. You may store it in the refrigerator or keep it at room temperature.

**CONTINUE**
- **Medications:** Yes prescription medications, Acetaminophen (Tylenol®)
- **Diet:** Yes Water and clear liquids including:
  - Juices: apple, white grape, white cranberry, lemonade
  - Broth: chicken, beef or vegetable
  - Soda: Any clear soda (No cola-colored soda)
  - Black coffee, tea, popsicles, gelatin, sports drinks – No RED or PURPLE-colored drinks

**Procedure Day!**

**Clinic contact number:** 619-532-8983

**Your HEALTH is our MISSION**
Starting 6 hours prior to your colonoscopy (Start time:__________):

Drink the rest of the GoLYTeLY® preparation solution
Every 10-15 min, drink one 8oz glass of the solution until you have finished it. Diet: Only water and clear liquids until 3 hours before your procedure.

Starting 2 hours before your colonoscopy: DO NOT drink any liquid or eat anything by mouth

IMPORTANT: Carefully read the entire packet now

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   - [http://tiny.cc/NMCSDGastro](http://tiny.cc/NMCSDGastro) (case sensitive!)
   - OR
   - Scan with your phone (using QC code scanner app)

Appointment Date: _____________________
Arrival Time: ____________________
Appointment Time:_______________
Scheduler name: ________________________
Check in location: General Surgery Clinic
                      Building 3, 4th Deck
                      Phone: 619-532-5813
Doctor’s Name: ________________________

Your HEALTH is our MISSION

Clinic contact number: 619-532-8983
4. Review medication instruction sheet for any additional instructions.
5. **If you have chronic constipation, take opioid medications or have failed a bowel preparation in the past, you are at risk for a poor preparation.** We recommend this extended bowel preparation:
   a. Two (2) days before your procedure: **follow a clear liquid diet**
   b. The morning before you start regular GoLYTeLY® preparation: take one (1) bottle of other the counter magnesium citrate
6. **Day of procedure check-in:** On the day of procedure at the Arrival Time listed above you must check in at the front desk of the General Surgery Clinic, located in Building 3, 4th Deck. You need to allow time for traffic and parking.

**Failure to follow these instructions can lead to cancelation of the procedure.**

**Starting Seven (7) days before your procedure date:**

- **RESTRICTIONS**
  - Medications: **NO** NSAIDs: Ibuprofen (Motrin®, Advil®), Naproxen (Aleve®, Naprosyn®) and other similar medications, Iron, fish oil, Vitamin E
  - Diet: **NO** seeds, nuts, popcorn or extra fiber

**Two (2) days before your colonoscopy:**

- **RESTRICTIONS**
  - Diet: **NO** green vegetables or fresh fruits

**One (1) day before your colonoscopy:**

- **RESTRICTIONS**
  - Diet: **NO SOLIDS** foods
    - NO dairy products
    - NO Alcohol
    - **NO RED or PURPLE** colored Juices, popsicles or sports drinks

**CONTINUE**

- **Medications:** **YES** prescription medications (especially blood pressure and/or heart medications)
  - YES Acetaminophen (Tylenol®)
- **Diet:** **YES** meat, fish, tofu, white bread, white rice, noodles, yogurt, fruits and vegetables (remove skin and seeds), pasta, eggs, cheese and dairy products

**Procedure Day!**

**Starting Seven (7) days before your procedure date:**

- Medications: **YES** your prescription medications, Acetaminophen (Tylenol ®)
- **Diet:** **YES** Water and clear liquids including:
  - Juices: apple, white grape, white cranberry, lemonade
  - Broth: chicken, beef or vegetable
  - Soda: Any clear soda (NO cola-colored soda
  - Black coffee, tea, popsicles, gelatin, sports drinks – **NO RED or PURPLE**-colored drinks

**Procedure Day!**
<table>
<thead>
<tr>
<th>Procedure Day!</th>
<th>DIET: <strong>NO SOLIDS</strong> foods, <strong>dairy products or alcohol</strong></th>
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<tbody>
<tr>
<td><strong>Starting at 5 a.m. and finishing at 8 a.m.</strong></td>
<td>Every 10-15 min, drink one (8oz) glass of the solution until you have finished 1 gallon of prep solution. You can enjoy clear liquids until 11am. <strong>NOTHING BY MOUTH after 11am</strong></td>
</tr>
<tr>
<td><strong>NOTHING BY MOUTH after 11am:</strong></td>
<td><strong>DO NOT</strong> drink any liquid or consume anything by mouth</td>
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