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

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.

Appointment Date: ______________________
Arrival Time: ______________________
Scheduler name: ______________________
Check in location: Gastroenterology Clinic
                  Building 2, 3rd Deck
                  Phone: 619-532-9737/7581
Doctor’s Name: ______________________

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)

TO RESCHEDULE CALL
619-532-9737/7581

Clinic contact number: 619-532-8983

Your HEALTH is our MISSION
Preparing for your **Morning Colonoscopy**

Starting Seven (7) days before your procedure date:

**RESTRICIONS**
- **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

**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

Two (2) days before your colonoscopy:

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

**CONTINUE**
- **Diet:** YES meat, fish, tofu, white bread, white rice, yogurt, pasta, eggs cheese and dairy products

One (1) day before your colonoscopy:

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

**CONTINUE**
- **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

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.

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

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**Your HEALTH is our MISSION**

Clinic contact number: 619-532-8983
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.

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

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

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Your HEALTH is our MISSION

Clinic contact number: 619-532-8983
Preparing for your Afternoon Colonoscopy

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

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

Two (2) days before your colonoscopy:

RESTRICTIONS
DIET: NO green vegetables or fresh fruits

CONTINUE
Diet: YES meat, fish, tofu, white bread, white rice, yogurt, pasta, eggs cheese and dairy products

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 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! DIET: NO SOLIDS foods, dairy products or alcohol

Starting at 5 a.m. and finishing at 8 a.m: 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. NOTHING BY MOUTH after 11am

NOTHING BY MOUTH after 11am: DO NOT drink any liquid or consume anything by mouth

Your HEALTH is our MISSION
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