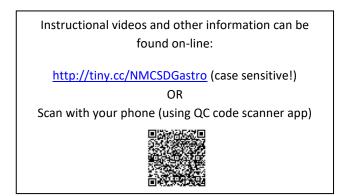
Colonoscopy Preparation Instructions

IMPORTANT: Carefully read the entire packet now

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



- 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



Your HEALTH is our MISSION Clinic contact number: 619-532-8983

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:

7 6 5 4 3 2 1 Procedure Day!

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

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

7 6 5 4 3 2 1 Procedure Day!

CONTINUE

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

7 6 5 4 3 2 1 Procedure Day!

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.



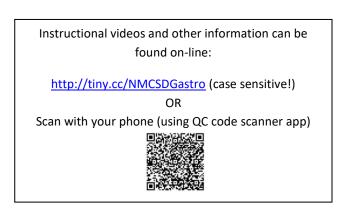
Your HEALTH is our MISSION

Clinic contact number: 619-532-8983

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 w	rater and clear liquids until 3 hours before your procedure.
Starting 2 hours before your colonoscopy: DO NOT drink any li	quid or eat anything by mouth

IMPORTANT: Carefully read the entire packet now

Appointment Date:		
Arrival Time:		
Appointment Time:		
Scheduler name:		
Check in location:		
General Surgery Clinic		
Building 3, 4 th Deck		
Phone: 619-532-5813		
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- 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.
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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:



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 Opy

hefore your procedure date: 7 6 5 4 3 2 1 Procedure Day!

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

7 6 5 4 3 2 1 Procedure Day!

CONTINUE

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

7 6 5 4 3 2 1 Procedure Day!

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

Clinic contact number: 619-532-8983

Your HEALTH is our MISSION

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



Clinic contact number: 619-532-8983