

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, 4th Deck
Phone: 619-532-5813
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)



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 taxi 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:



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

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 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.



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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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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:



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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

copy

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



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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



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