




Gastroenterology Associates

Gastroenterology and Hepatology

www.gastroassociates.org

COLONOSCOPY PREPARATION INSTRUCTIONS 2 Day – Colyte, TriLyte, Nulytely, or Golytely with Magnesium Citrate

Appointment Day: _____ Date: _____ Arrival Time: _____ am/pm Doctor: _____

7 Days Before	4 Days Before	2 Days Before	Day Before	Day of Procedure
<ul style="list-style-type: none"> <input checked="" type="checkbox"/> Regarding Aspirin: If you are on aspirin due to a heart problem, previous TIA, stroke, heart attack, blood clots (lung or leg) or other vascular problem, do NOT stop Aspirin. If you are on aspirin for arthritis or simply as a general recommendation, do STOP it for this procedure. <input checked="" type="checkbox"/> Tylenol and Acetaminophen are okay to take <input checked="" type="checkbox"/> Go to pharmacy: <ul style="list-style-type: none"> ▪ Fill prescription for 4L preparation. Do NOT mix container with water yet. ▪ Purchase 10 oz. of Magnesium Citrate oral solution (no red), which is sold over-the-counter. <input checked="" type="checkbox"/> Read Instruction sheet (front and back) <input checked="" type="checkbox"/> Read Drivers Responsibilities sheet <input checked="" type="checkbox"/> If diabetic, read Pre-Procedure Diabetes Medication Instruction sheet 	 <p>No Driver = No Sedation</p> <ul style="list-style-type: none"> <input checked="" type="checkbox"/> Remember to pre-pay per benefit letter or telephone call 	<ul style="list-style-type: none"> <input checked="" type="checkbox"/> Have a light breakfast before 10:00 am, this will be your last solid food until after your exam <input checked="" type="checkbox"/> Drink at least 8 glasses of clear liquids throughout the day and evening to stay hydrated <div style="text-align: center;">  <p>Mark off each time you drink an 8 oz glass</p> </div> <p>Clear liquids include apple juice, white grape juice and cranberry juice; beef, chicken or vegetable broth; plain tea, black coffee; soda pop, sports drinks, Gatorade, Crystal Light, Kool-aid, Jell-O, Popsicles, and water (Nothing with red dye such as “red 40”)</p> <input checked="" type="checkbox"/> Have a clear liquid lunch and dinner <input checked="" type="checkbox"/> No dairy, No juice with pulp, No alcohol <input checked="" type="checkbox"/> 4:00 pm drink 10 ounces of Magnesium Citrate to help stimulate bowel movements 	<ul style="list-style-type: none"> <input checked="" type="checkbox"/> No solid food <input checked="" type="checkbox"/> 9:00 am add 2 inches of lukewarm water to the bottom of preparation container, mix well then add cold water to the “fill line” and refrigerate <input checked="" type="checkbox"/> Drink at least 8 glasses of clear liquids throughout the day and evening to stay hydrated <input checked="" type="checkbox"/> No dairy, No juice with pulp, No alcohol <input checked="" type="checkbox"/> 3:00 pm drink one 8 oz glass of liquid preparation every 20-30 minutes until the 4 liter container is completely gone. If you get nauseated, stop for 1 hour, walk around, and then start again at a slower pace. <div style="text-align: center;">  </div> <input checked="" type="checkbox"/> If you are on Lovenox injections, stop 12 hours before appointment 	<ul style="list-style-type: none"> <input checked="" type="checkbox"/> You may drink clear liquids until 4 hours before your appointment then Stop drinking all fluids <input checked="" type="checkbox"/> Do NOT take any diabetes medication <input checked="" type="checkbox"/> DO take blood pressure, heart, lung, seizure, and psychiatric medication <input checked="" type="checkbox"/> Wear comfortable clothing, including socks, to keep your feet warm <input checked="" type="checkbox"/> Do not wear jewelry, tight belts, pantyhose, cologne or perfume <input checked="" type="checkbox"/> Leave money and other valuables at home <input checked="" type="checkbox"/> Your driver must remain in the Endoscopy waiting area during your stay, approximately 2-2 ½ hours from your arrival time <input checked="" type="checkbox"/> Bring insurance card(s), co-pay (if required), and driver’s license or photo ID
	3 Days Before			
<p>Special Instructions: Hold the following medications as indicated ONLY IF CHECKED BELOW:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Antiplatelet agents such as: Aggrenox, Plavix, Clopidogrel for _____ days before procedure <input type="checkbox"/> Blood thinners such as: Warfarin, Coumadin for _____ days before procedure <p>You will be given instructions about when to restart this medication after your procedure. Call our office if you do not receive those written instructions.</p>				

If you have questions call (360) 413-8250 *Read back of this form for location, tips and other information*****

Location, Tips and Other Information

Your procedure is scheduled at:

- Gastroenterology Associates Endoscopy Center (360) 413-8250**
Memorial Medical Plaza, Suite 150 (1st Floor, turn left inside Main Entrance)
500 Lilly Road N.E., **Suite 150**, Olympia, WA 98506
- Providence St. Peter Hospital Endoscopy Center (360) 413-8250**
413 Lilly Road N.E., Olympia, WA 98506 (Admission Desk in Main Lobby)
- Mason General Hospital (360) 427-2733**
901 Mountain View Drive, Shelton, WA 98584 (Front Desk in Main Lobby)

Your Prep is the Key to a Successful Colonoscopy:

The colon must be completely clean of waste material prior to your procedure. Follow these preparation instructions very carefully, as any remaining stool can obscure visualization of the lining of the colon which will interfere with our ability to provide you with a complete examination and could necessitate rescheduling of the procedure.

In Planning Your Procedure, Have You Told Us If You:

- Could be pregnant
- Have had a recent hospitalization or major health event

Mixing Your Bowel Preparation:

- Colyte / TriLyte / Nulytely / Golytely are common names for PEG 3350 oral solution.
- **MIX** preparation according to instructions on the front side of this form.

Taking Your Bowel Preparation:

- The colon must be thoroughly cleansed prior to your procedure. Bowel movements will be different for everyone but will eventually become watery. Some amount of yellow/green color and brown bits is normal.
- Flushable wet wipes instead of toilet paper may make you more comfortable.
- It is normal to feel chilled while drinking the preparation. A warm shower or warm clothing may make you more comfortable.
- If you become nauseated while drinking the liquid preparation, stop for 1 hour, walk around, and then start drinking again at a slower pace. Drink the full amount directed, even if it takes longer than 6 hours to drink it.
- Drinking the liquid from a straw may help you get it down easier.
- If you are unable to drink the prep or have not had good results, please contact our office at (360) 413-8250 after 6:30 am.

On Your Procedure Day:

- You must bring a driver at least 18 years of age with you to your procedure. We ask that your companion remain in the Endoscopy Center waiting area throughout your procedure and recovery (Read the Driver's Responsibilities form included).
- Plan to be here 2-2 ½ hours. Procedure time will be much less than that.
- Your judgment and reflexes may be impaired due to the sedatives you will receive. You will not be able to drive, operate machinery, sign legal documents, drink alcoholic beverages, or go to work until the following day.
- We discourage going "out" to eat at a restaurant after your procedure, plan your first meal at home.
- At Gastroenterology Associates Endoscopy Center in Olympia you may wear a short sleeved shirt during your procedure.

Visit our Website at www.gastroassociates.org to take a photo tour of our facility or obtain more information.

*****Read front of this form for full instructions*****