



Chad M. Gonzales, MD

Your prescription was called into _____

Date of Procedure: _____ Check-in Time _____

Facility: MCKAY DEE HOSPITAL SUITE 2670/ RIDGELINE ENDOSCOPY

Instructions for Colonoscopy with Nulytely/Golytely or Gavilyte

****Read carefully-do not exceed recommended dosage, serious side effects may occur****

5 Days prior to procedure:

- DO NOT take anti-inflammatory medications or any medications that contain aspirin, i.e.(Advil, Motrin, Ibuprofen, Alka Seltzer, Excedrin, Ecotrin, Bayer, etc.) **Acetaminophen or Tylenol is okay.**
- If you take anti-clotting medications such as Coumadin, Plavix, Pradaxa, Eliquis, Xarelto, Arixtra, Argatroban, Effient, etc., then please discuss these medications with the prescribing physician. Please let us know if you are not allowed to stop these medications or if you are advised to use Lovenox or Heparin prior to your procedure.

3 Days prior to Procedure:

- Avoid nuts, seeds, whole wheat bread, beans, corn, raw vegetables or fruits with seeds or skin.

1 day prior to Procedure:

1. Restrict your diet to **ONLY CLEAR LIQUIDS** for breakfast, lunch and dinner. **NO** solid food until after the procedure. Be sure to stay hydrated.
 - **NO MILK OR MILK PRODUCTS, and NOTHING RED, PINK OR PURPLE.**
 - **Clear Liquids Include:** *ANY LIQUID YOU CAN SEE THROUGH IS A CLEAR LIQUID
 - Water, apple juice, white grape juice, Gatorade, carbonated and non carbonated soft drinks (Sprite, Coke, Pepsi, orange, diet coke etc.)
 - Clear Chicken, beef or vegetable broth
 - Tea or Coffee black or with sugar-NO CREAMERS OR MILK
 - Jello, popsicles, or Kool-aid (no red, pink or purple)
2. Starting between 4-6pm, prepare one full bottle of Nulytely or Golytely as directed. You will need to drink 3 liters of the mixture before midnight, set aside 1 liter of mixture to be finished in the morning before your procedure. 4 hours before your appointment, drink the last liter of mixture. This will need to be completed in 1 hour and nothing to drink 3 hours before procedure.
 - * If your stomach gets upset, you can wait 30-40 minutes between to help it settle.
 - *Be sure to stay hydrated and drink plenty of clear liquids before, during and after taking the Nulytely/Golytely or Gavilyte.
3. **Medications:** You may take your regular medications the day before the procedure.
 - *If you take blood pressure or seizure medication, you can take them the day of your procedure 4 HOURS before with a small sip of water.**

Hold all other medications until after your procedure.

4. **Diabetics:** If you are diabetic, please take a reading of your blood sugar before coming in for your exam, and bring it with you. If you take oral medications, take **half** your normal dose. If you are taking insulin, please bring your insulin with you. If you have any questions regarding your dosage, please contact the physician you are seeing for your diabetes.

The day of your procedure:

- Nothing to eat or drink after midnight. (NPO) **EXCEPT** the second dose of Nutlytely or Golytely.
- Your colon must be completely cleaned out. If the stool is not clear to yellow in color and you cannot see to the bottom of the toilet, please call our office before leaving home as we may need to reschedule your appointment.
- You will be sedated for this procedure. You will need someone 18 years or older available to drive you home after the procedure. They will be asked to wait in the waiting area during the exam. The physician will need to talk with them when the exam is finished. We recommend you do not drive for at least 12 hours following the procedure. **YOUR EXAM WILL NOT BE PERFORMED IF THERE IS NOT A RESPONSIBLE ADULT TO ACCOMPANY YOU HOME.** If you are planning to take a taxi home, then a friend or family member must accompany you. Plan on being at the facility for 2-3 hours.
- Wear comfortable clothing. Bring your glasses, hearing aids, insurance cards and completed information forms, if applicable. Please leave all valuables and jewelry at home. You will not be allowed to wear any jewelry or body piercings during your procedure.
- If you must cancel or reschedule your procedure, then you must give notice 2 full business days in advance. Failure to do so will result in a \$100 cancellation fee.
- The hospital may call to pre-register you for your procedure. If they fail to reach you, you may register the day of. Our office will also call you to confirm your appointment. Please be available for these calls.
- You may apply zinc oxide or petroleum jelly to anal area to prevent irritation
- Additional information is available on our website: www.ogdengastro.com

Risk of the procedure:

Bleeding, perforation, aspiration, infection or drug reactions. The primary risk is perforation of the colon, which could result in the need for surgical intervention. This could mean the need for placement of a colostomy to allow healing prior to reattachment of the colon in the event of injury.

PLEASE CONTACT OUR OFFICE IF STOOL IS NOT CLEAR LIQUID OR YOU ARE NOT COMPLETELY CLEANED OUT. YELLOWISH COLOR IS OKAY

801-387-2550