






Gastroenterology Associates

Gastroenterology and Hepatology

www.gastroassociates.org

COLONOSCOPY EGD(Gastroscopy)/COLONOSCOPY PREPARATION INSTRUCTIONS
Split Dose Colyte (3L), TriLyte, Nulytely, or Golytely with Bisacodyl

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

7 Days Before	3 Days Before	Day Before	Day of Procedure
<p>1. 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.</p> <p>2. Tylenol and Acetaminophen are okay to take.</p> <p>3. Stop iron and multi-vitamins with iron for this procedure.</p> <p>4. At your pharmacy:</p> <ul style="list-style-type: none"> ▪ Fill prescription for one 4L preparation. Do NOT mix container with water yet. ▪ Buy 2 generic Bisacodyl tablets (5 mg <u>each</u> tablet). There are several brands of Bisacodyl available. If you are not sure, ask the pharmacist for help. <p>5. Read this entire instruction sheet (front and back).</p> <p>6. Read complete packet of materials included with this handout.</p>	<p>1. Stop arthritis pills and anti-inflammatories such as: Ibuprofen, Advil, Motrin, Aleve, Naprosyn, Relafen.</p> <p>2. If you take Prednisone, do NOT stop it, unless otherwise directed.</p> <p>3. Stop fiber supplements such as: Metamucil, Citrucel, and Benefiber.</p> <p>4. Stop eating berries, nuts and seeds.</p> <p>5. Remember to pre-pay per benefit letter or telephone call.</p> <p>6. Confirm with driver</p> <div style="text-align: center;">  <p>No Driver = No Sedation</p> </div>	<p>1. No solid food, No dairy, No juice with pulp, No alcohol until after the procedure.</p> <p>2. To stay hydrated, drink at least 8 glasses of clear liquids* (see back page), during the day and evening, in addition to the liquid preparation.</p> <div style="text-align: center;">  <p>Mark off each time you drink an 8 oz glass</p> </div> <p>3. At 9:00 am add 2 inches of lukewarm water to the bottom of the 4L preparation container, mix well then add cold water to the "fill line" and refrigerate.</p> <p>4. At 12:00 noon take 2 Bisacodyl tablets.</p> <p>5. At 6:00 pm drink one 8 oz glass of liquid preparation every 20-30 minutes; you must drink at least 8 glasses (or ½ the jug). If you get nauseated, stop for 1 hour, walk around, then start again at a slower pace:</p> <div style="text-align: center;">  </div> <p>6. If you are on Lovenox injections, stop 12 hours before your appointment.</p>	<p><input type="checkbox"/> Arrival Time before 11:00 am: At 3:00 am drink one 8 oz. glass of preparation, every 20-30 minutes, total of four glasses:</p> <div style="text-align: center;">  </div> <p>Finish no later than 5:00 am.</p> <p><input type="checkbox"/> Arrival Time after 11:00 am: At 7:00 am drink one 8 oz. glass of preparation, every 20-30 minutes, total of four glasses:</p> <div style="text-align: center;">  </div> <p>Finish no later than 9:00 am.</p> <p>1. You may drink clear liquids until four hours before your appointment, then STOP.</p> <p>2. MEDICATIONS TO STOP:</p> <ul style="list-style-type: none"> • Do NOT take any diabetes medication after midnight the day of your exam <p>3. MEDICATIONS TO TAKE: (with a sip of water)</p> <ul style="list-style-type: none"> • Do take prescription blood pressure, heart, lung, seizure, (narcotic) pain and psychiatric medications <p>4. Wear comfortable clothing and socks to keep your feet warm.</p> <p>5. Do not wear jewelry, tight belts, pantyhose, cologne or perfume.</p> <p>6. Leave money and other valuables at home.</p> <p>7. Bring insurance card(s), co-pay (if required) and driver's license or photo ID.</p>
<p>Special Instructions: Hold the following medications as indicated ONLY IF CHECKED BELOW:</p> <p><input type="checkbox"/> Antiplatelet agents such as: Dipyridamole (Aggrenox, Persantine), Clopidogrel (Plavix), Prasugrel (Effient): <i>Hold for _____ days before procedure</i></p> <p><input type="checkbox"/> Blood thinners such as: Warfarin (Coumadin), Pradaxa: <i>Hold for _____ days before procedure</i></p> <p>You will be given written instructions about restarting this medication after your procedure. Call our office if you don't receive those.</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. If you arrive for procedure possibly pregnant, your procedure may be rescheduled.
- 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** the preparation using the instructions on the *front side of this form*, not the instructions on the bottle.

***Clear Liquids Include:** apple and white grape juice; **low-sodium** beef, chicken or vegetable broth; plain tea, black coffee; soda pop, Crystal Light, Kool-aid, Jell-O, Popsicles, and water. **Avoid clear liquids with red food coloring or red dye such as “red 40”** listed on its labeling; **Avoid dairy and Ensure** type beverages.

Taking Your Bowel Preparation:

- Colonoscopy preparation can very rarely cause a potentially life-threatening sodium or magnesium imbalance. It is very important to drink clear liquids as instructed to stay hydrated.
- The colon must be thoroughly cleansed prior to your procedure. Bowel movements will be different for everyone, but will eventually become watery. Some people have diarrhea soon after taking the Bisacodyl tablets and some people don't have diarrhea until they start drinking the liquid preparation later in the day. Some amount of yellow/green liquid 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 to drink it.
- Bowel cleansing may cause some people to get lightheaded, **so move about carefully** after you've started taking the preparation.
- Drinking the liquid from a straw, or while intermittently licking a popsicle, 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/answering service 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. Your companion should remain in the Endoscopy Center lobby throughout your procedure and recovery (read the Driver's Responsibilities form included).
- Plan to be at GA Endoscopy Center 2-2 ½ hours, at the hospital Endoscopy Centers 3-6 hours. Actual procedure time is 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.
- If you take prescription blood pressure, heart, lung, seizure, (narcotic) pain or psychiatric medication daily, please take your daily dose(s) as prescribed with a sip of water, including your procedure 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

If you have questions call (360) 413-8250

Read the front of this form for full instructions