




# Gastroenterology Associates

Gastroenterology and Hepatology

www.gastroassociates.org

## COLONOSCOPY PREPARATION INSTRUCTIONS – Colyte / TriLyte / Nulytely / Golytely (4 Liters)

Appointment Date: \_\_\_\_\_ Arrival Time: \_\_\_\_\_ AM/PM Doctor: \_\_\_\_\_

7 Days Before	4 Days Before	Day Before	Day of Procedure
<p><input type="checkbox"/> Unless we have instructed you differently, <b>Stop</b> the following medications: Iron and multi-vitamins with iron, Aggrenox, Plavix, Clopidogrel</p> <p><b>Regarding Aspirin:</b> 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.</p> <p><input type="checkbox"/> Tylenol and Acetaminophen are <b>okay to take</b></p> <p><input type="checkbox"/> Go to pharmacy to fill prescription for preparation jug (Do <b>NOT</b> mix jug with water yet)</p> <p><input type="checkbox"/> Read Instruction sheet (front and back)</p> <p><input type="checkbox"/> Read Drivers Responsibilities sheet</p> <p><input type="checkbox"/> Read Patient Rights and Responsibilities sheet</p> <p><input type="checkbox"/> If diabetic, read Pre-Procedure Diabetes Medication Instruction sheet</p>	<p><input type="checkbox"/> Unless we have instructed you differently, <b>Stop</b> blood thinners such as: Warfarin, Coumadin</p> <p><input type="checkbox"/> Confirm driver</p> <div style="text-align: center;">  </div> <p style="text-align: center;">No Driver = No Sedation</p>	<p><input type="checkbox"/> No <b>solid</b> food</p> <p><input type="checkbox"/> <b>9:00 am</b> add 2 inches of lukewarm water to the bottom of preparation container, mix well then add cold water to the “fill line” and refrigerate</p> <p><input type="checkbox"/> Drink at least 8 glasses of clear liquids throughout the day and evening to stay hydrated</p> <div style="text-align: center;">  <p>Mark off each time you drink an 8 oz glass</p> </div> <p><b>Clear liquids</b> 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, (<b>No red dye</b>), and water</p> <p><input type="checkbox"/> <b>No dairy, No juice with pulp, No alcohol</b></p> <p><input type="checkbox"/> <b>3:00 pm</b> drink one 8 oz glass of liquid preparation every 20-30 minutes until the <u>4 liter container is <b>completely</b> gone</u> -- If you get nauseated, stop for 1 hour, walk around, then start again at a slower pace</p> <div style="text-align: center;">  <p>Mark off each time you drink an 8 oz glass</p> </div> <p><input type="checkbox"/> If you are on Lovenox injections, stop 12 hours before appointment</p>	<p><input type="checkbox"/> Do <b>NOT</b> take any diabetes medication</p> <p><input type="checkbox"/> You may drink clear liquids <b>until 4 hours before</b> your appointment then <b>Stop drinking all fluids</b></p> <p><input type="checkbox"/> <b>DO</b> take blood pressure, heart, lung, seizure, and psychiatric medication</p> <p><input type="checkbox"/> Wear comfortable clothing, including socks, to keep your feet warm</p> <p><input type="checkbox"/> Do not wear jewelry, tight belts, pantyhose, cologne or perfume</p> <p><input type="checkbox"/> Leave money and other valuables at home</p> <p><input type="checkbox"/> Your driver must remain in the Endoscopy waiting area during your stay, approximately 2-2½ hours from your arrival time</p> <p><input type="checkbox"/> Bring insurance card(s), co-pay (if required), and driver's license or photo ID</p>
	<b>3 Days Before</b>		
	<p><input type="checkbox"/> Stop arthritis pills and anti-inflammatories such as: Ibuprofen, Advil, Motrin, Aleve, Naprosyn, Relafen</p> <p><input type="checkbox"/> Do <b>NOT</b> stop Prednisone</p> <p><input type="checkbox"/> Stop fiber supplements such as: Metamucil, Citrucel, and Benefiber</p> <p><input type="checkbox"/> Stop eating berries, nuts and seeds</p>		

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

## Tips and Other Information

Your procedure is scheduled at:

- Gastroenterology Associates Endoscopy Center (360) 413-8250**  
Memorial Medical Plaza, Suite 150 (1<sup>st</sup> 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)

**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. Although instructions may be included with the container, **MIX** preparation according to instructions on the front side of this form.

**Taking Your Bowel Preparation:**

- You may start drinking your preparation 1-2 hours earlier than indicated.
- The colon must be thoroughly cleansed prior to your procedure. At some point during the preparation you will begin to have diarrhea. The timing of this varies from person to person and may not occur until later in the evening. 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.

**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](http://www.gastroassociates.org) to take a photo tour of our facility or obtain more information.

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