

**PREPARATION INSTRUCTIONS FOR
COLONOSCOPY**

**Arrival Time: 45 minutes prior to
procedure time**

Patient :

Procedure Date:

You have been scheduled for a Colonoscopy with _____. This is an examination of your large intestine (colon). A long flexible tube (colonoscopy) will be inserted into your rectum and passed through your colon. Your colon will be examined in detail. Additional procedures may be performed such as taking tissue samples (biopsies) and removing polyps.

Please read all the instructions ahead of time so you can be prepared for this procedure.

For questions regarding your appointment or preparation, please call (907) 569-1333 or access our website at www.AlaskaGI.com.

To ensure your comfort, IV sedation will be given for this exam (to make you relaxed). You must have a responsible companion, family member, or friend, 18 years of age or older escort you to the endoscopy suite, be present at the time of your discharge, drive you home, and stay with you for several hours after your procedure. You **may not go home alone** in a taxi, shuttle van, or bus, as these drivers will not be responsible for you. You may not drive until the next day. **If your escort does not accompany you to the unit, or your escort/ driver cannot be contacted, your procedure unfortunately will be rescheduled.**

In order to provide quality care to our patients, improve access to our physicians, and minimize frustrations in getting timely appointments, our office has adopted the following policy regarding missed appointments. If you need to **cancel** your appointment, please contact our office at least two Business Days prior to the above scheduled date or you will be assessed a \$50.00 charge.

Call your Insurance Plan to ensure they will cover your procedure. Please note there will be separate fees for the Physician, Facility, Pathology and/or Laboratory.

You will need to Pre-Register with the facility where your procedure is scheduled 2 days prior to your procedure:

____ Alaska Digestive Center - 563-1750
____ Providence Day Surgery - 212-3149
____ Alaska Regional Day Surgery - 264-1952

____ I have received ADC Bill of Rights

SPECIAL MEDICATION INSTRUCTIONS

We recommend you make the following medication changes prior to your procedure:

- **Blood-thinning medications** (such as Coumadin, Ticlid, Plavix, Pradaxa, Xarelto, Aggrenox and Lovenox) may need to be discontinued prior to your procedure.
Take your last dose
- **Do not take prescription iron pills** for 7 days prior to your procedure.
- **Continue taking all your other prescribed medications (e.g. blood pressure pills) as usual.**
- **Diabetic patients** - If you take an oral hypoglycemic ("sugar pill"), **do not take it the day of your procedure.** If you are taking **insulin**, you should only take **half (1/2) of your usual scheduled insulin dose** the night before and nothing the morning of the procedure.

Golytely Instructions

You will need to drink a laxative solution (called Golytle) to clean your colon. You must complete the entire prep to ensure the most effective cleansing. You will purchase one Golytle kit from your pharmacist using the prescription from your doctor. **It is important that you eat only clear liquids the day BEFORE and the day OF your colonoscopy.**

5 day prior - Avoid/minimize the eating of raw seeds, nuts, grains or granola. Oatmeal is acceptable.

Prior to colonoscopy: Fill your prescription for Golytle at your «Pharmacyname» pharmacy.

One day prior to colonoscopy: **No solid food** - Clear liquids only for breakfast, lunch & dinner.

CLEAR LIQUID DIET LIST

Beverages:

- Soft drinks such as ginger ale, cola, root beer, Sprite, 7-Up, Gatorade, Kool-Aid.
- Fruit juices without pulp such as apple, white grape, white cranberry juice, crystal lite.
- Water, tea or coffee (no milk or non-dairy creamer) with sugar or artificial sweeteners

Broths:

- Chicken, vegetable or beef bouillon/broth

Desserts:

- Hard candies any color.
- Jell-O such as lemon, lime or peach; no added fruits or toppings.
- Popsicle that are green, yellow, brown or clear (no sherbet, ice cream or fudge bars).

Try to avoid red, orange, blue or purple liquids. *** Diabetics may have any of the above in sugar free***

The Morning Before:

1. Fill the plastic container containing the laxative powder (**Golytely**) with water, shake well until the powder is dissolved and put the container in the refrigerator.

The Evening Before: Begin drinking half of your prep at **6:00pm**.

2. Drink one 16 ounce glass every 15 minutes. You will only drink 1/2 of the container tonight. Try to drink one full glass at a time instead of sipping.

3. Take the 4 (four) Docolax tablets with your first glass of Golytle.

4. Continue to drink clear liquids throughout the evening but do not eat any solid food.

5. The laxative (Golytely) liquid will cause you to have many bowel movements. This is needed so you have a clean colon for the procedure. If you have problems completing this preparation, call your doctors' office.

Day of your procedure: begin drinking the second half of your **prep 5 and 1/2 hours prior to procedure**

6. Drink one 16 ounce glass every 15 minutes until it is gone. Try to drink one full glass at a time instead of sipping.

7. You may have only two more glasses of clear liquid

No more liquids after 4 hours before your procedure until your procedure is over.

I have been informed of the Pre-Procedure and Preparation Instructions outlined above for my «ChiefComplaints» Procedure on «encDate» at «encTime» and understand them completely.