

San Diego Gastroenterology Medical Associates

A Medical Corporation

Robert Epstein, MD; Kevin Haynes, MD; Gary de la Pena, MD; Suja DuBois, MD Sally Stipho MD

4060 Fourth Avenue, Suite 240 San Diego, California 92103

Telephone (619) 291-6064 FAX (619) 291-3078

www.sandiegogastro.com

Golytely Prep Colonoscopy Instructions

Your procedure has been scheduled for _____

Check in time: _____ Procedure time: _____

Please register at:

- Scripps Mercy Hospital 4077 5th Avenue
Check in at Outpatient Radiology on the FIRST (Main) floor (619) 260-7026
- San Diego Endoscopy Center 4033 Third Avenue Ste. 106 (619) 497-2888

One Week Before the Procedure:

1. STOP using all iron and aspirin medications. If you are required to take an aspirin daily by your physician (i.e. for heart disease, stroke prevention), this may be continued.
2. If you take **Coumadin** or **Plavix**, please contact the doctor immediately for instructions. You may need to stop using these medications for 5-7 days before your procedure.
3. Please purchase a package of **Dulcolax Tablets** (you will need four 5 mg. tablets, a total of 20 mg.) and fill your prescription for Golytely at any pharmacy.
4. Arrange a ride home from the procedure. You will receive intravenous sedation and will not be able to drive for 18 hours following this procedure. PLEASE leave your valuables (except your insurance card) at home or with the person who accompanies you. You will need your insurance card.

The Day Before the Procedure:

1. Starting when you awake the day before your procedure, eat no solid foods and drink clear fluids only. Clear fluids include:

Clear fluids include any of the following:		
Water	Clear liquid broth/bouillon	White cranberry
Lemonade	Coffee (Black)/tea/Soda	white grape juices
Ice Popsicles	Beer (one glass)	Apple juice
Jell-o (No fruit)	Gatorade	White wine (one glass)

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DO NOT drink anything red or purple or any milk or dairy products.

2. Starting at 4 PM, please drink an 8-ounce glass of Golytely **every 15 minutes** until you have consumed the entire gallon of solution.
3. Take **4 Dulcolax** tablets with an allowed liquid after the **second dose** of **Golytely**.
4. Continue your clear liquid diet all afternoon and evening, up until midnight.

The Day of the Procedure:

- Drink only clear fluids until 3 hours before the procedure. Then drink nothing.

IF YOU ARE DIABETIC READ THE FOLLOWING INSTRUCTIONS:

- IF YOU TAKE INSULIN, reduce the dose by 50%
- IF YOU TAKE PILLS: do not take diabetes medicine until the procedure is over.
- Take other medicines 3 hours before the procedure or after you get home.
- **Bring a list of all your prescription and over-the-counter medications.**
- Do not drive for 18 hours after the procedure.
- You can resume your normal diet unless discharge instructions indicated otherwise.

Important Reminders:

- Please allow 2-2 1/2 hours for the procedure.
- No iron or aspirin products including Bufferin, Anacin and Excedrin for 7 days before the procedure.
- Motrin and Aleve are allowed up to 48 hours before the procedure.
- Tylenol is OK up until the day of the procedure.
- If you take insulin please take 1/2 of your usual dose the day before and 1/2 of your usual dose the day of the procedure. If you take diabetes pills, please don't take any the day before the procedure.
- The Physician's fee is separate from the facility fee. There may also be a pathology fee.
- Please verify with your insurance company that an authorization is not required for this outpatient procedure.
- Please be aware that some insurance companies do not cover screening procedures.
- Please call the office with any questions or concerns **(619) 291-6064.**

√ **You must cancel 2 working days in advance to avoid any charges.**