

You are scheduled to have a colonoscopy examination at Schuyler Hospital on _____ at _____. Dr. West will be performing the procedure. You should report to Admissions at the hospital. On average, you will be ready for discharge 2 hours after arriving at the hospital.

Because you will receive sedation, you will need someone with you to drive you home. **If you do not have arrangements for someone else to drive you home we will be unable to administer sedation for this procedure.** It is best if the driver is someone you are comfortable with having hear the preliminary procedure report, as you may not remember it clearly. Take your usual medications at your usual time that morning with a sip of water. Read and follow the instructions below to prepare for your examination. If you have questions call the Scheduling Coordinator at 272-5011.

<p style="text-align: center;"><u>INSTRUCTIONS FOR YOUR BOWEL PREPARATION WITH</u> <u>COLYTE, GOLYTELY, NULYTELY, HALFLYTELY</u></p>
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PREPARATION FOR THE PROCEDURE:

- Follow the preparation instructions given to you (*note: the more fluids you drink, the better the laxative works, and you will be less dehydrated.*)

Colyte, Golytely, Nulytely, Halflytely – see reverse side for preparation instructions.

- Eliminate high fiber and whole grain foods, nuts and seeds in your diet during the three days leading up to your colonoscopy. In addition, discontinue iron, and bulking agents like Metamucil, Citrucel, Psyllium, and FiberCon during those three days leading up to your colonoscopy.
- *If you are on Coumadin, Warfarin, Plavix, clopidogrel bisulfate (blood thinners), check with your physician regarding stopping medication prior to the procedure. Check with your physician before taking any over the counter medication that may contain aspirin.*
- Diabetics on insulin will get individualized instruction.
- Other regular medications can be taken normally in the days leading to the procedure. The morning of the procedure blood pressure medications should be taken 2-2 ½ hours before arrival.
- Because the sedative medications remaining in your system after the procedure can slow your reaction times, it is our policy that you must have someone else drive you home after the procedure. If the person driving you does not remain at the hospital, they must be within 15 minutes distance and the nurse will notify them when you are almost ready to leave. Plan ahead to make arrangements for your transportation. You will be asked not to drive for 12 hours after the sedation. Most people feel tired after being sedated, so rest is recommended. You will be able to eat normally after the colonoscopy. You may resume regular activity the next day.

Colonoscopy Prep Instructions:

You will be given a prescription for COLYTE, GOLYTELY, NULYTELY, or HALFLYTELY to cleanse the bowel. Purchase it in advance.

TWO DAYS BEFORE THE PROCEDURE:

In the evening, mix the prep following package instructions and keep it in the refrigerator, as it is more palatable when served cold.

THE DAY BEFORE THE EXAM:

Drink *only clear liquids* for breakfast, lunch, and dinner, Solid foods, milk or milk products are *not* allowed. *Clear liquids* include all of the following that are *not colored red or purple*: strained fruit juices without pulp (apple, white grape, lemonade), water, clear broth or bouillon (vegetable, chicken, beef), coffee or tea (without milk or nondairy creamer), Gatorade®, carbonated and non-carbonated soft drinks, Kool-Aid® (or other fruit flavored drinks), plain Jello® (without added fruit or toppings), and ice Popsicles®.

- Start the COLYTE, GOLYTELY, NULYTELY (for HALFLYTELY see separate sheet)
- 3:00pm begin the prep. Drink steadily by the 8 oz glass over 4 to 6 hours until gone. Slowing down is permissible if you begin to feel bloated or nauseous. Tea or clear juices can be taken with it for taste.
- It is important to drink all of the prep to ensure a successful colonoscopy exam.
- You may continue to drink clear liquids up to 2 hours before your procedure.

DAY OF THE PROCEDURE:

- Take your morning blood pressure or cardiac medications and bring your other usual morning medications with you to be given after the procedure.

AFTER THE PROCEDURE:

1. Resume your regular diet unless otherwise instructed. Initially plan to eat lightly at home. Going to a restaurant is not recommended.
2. Resume your regular medications unless instructed otherwise.
3. No driving or operating machinery or making major decisions should be considered for the rest of that day.
4. If you had polyps removed, plan no trips outside the country or to remote locations for 14 days as continuing care may be needed. On average one patient per year requires hospital attention following colonoscopy.

PLEASE NOTE: Certain insurance companies may consider the above service as a surgical procedure. Please contact your insurance carrier for coverage information. Precertification may be required.