



At Tri-County Health Care, our skilled team is dedicated to providing you and your loved ones with personalized services and compassionate care. We are always here to answer any questions you have about your colonoscopy screening.

Please call your insurance company with questions about your coverage. The phone number is on the back of your insurance card. If you need help or have questions about our Financial Assistance program, contact Patient Resources at **218-631-7498**.

## Tri-County Health Care SURGEONS



David Kloss,  
M.D., FACS




Timothy Monson,  
M.D., FACS





Travis Swartz,  
DO

Golytely Low Fiber Preparation

# Preparing for your colonoscopy

 Date of procedure: \_\_\_\_\_

 Surgeon: \_\_\_\_\_

 Surgery: 218-631-7557

General Surgery Coordinator: 218-631-5202

Pick up your prep at: \_\_\_\_\_



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Health Care**  
is becoming  
**Astera Health**

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# Golytely Colonoscopy Prep

## TWO WEEKS BEFORE

- Surgery Scheduler will call you with a date for your procedure.
- General Surgery Coordinator will call you to review your health history and discuss the procedure with you. They will also help you schedule your preoperative exam, if needed, and a COVID-19 test.
- General Surgery Coordinator will review medications and let you know which ones are okay to take before your colonoscopy.
- If new medications are prescribed at your pre-op appointment, please report to the General Surgery Coordinator.

## ONE WEEK BEFORE

- Your preoperative exam has been complete within 30 days of surgery
- Your COVID test is completed 5-7 days before your surgery
- You have picked up your colonoscopy prep from pharmacy

### Medicine Instructions:

- Stop taking any multivitamins, oil capsules, medicines with iron, over-the-counter blood thinning pain relievers and supplements such as Aspirin (Excedrin), Ibuprofen (Advil), Naproxen (Aleve), and Fish Oil. You may continue Acetaminophen (Tylenol).
- Blood Thinners: Your primary care provider will discuss this at your preoperative appointment.
- Diabetes: Your primary care provider will instruct you on medicines or insulin.

## TWO DAYS BEFORE

- Begin a low fiber diet per included diet instructions.
- Stop taking Fiber Supplements such as Citrucel, Metamucil, Benefiber, Fibercon, and others.
- Drink plenty of liquids throughout the day.
- Review colonoscopy prep instructions for the next day.
- Ensure you have someone to bring you home as you will not be able to drive the rest of the day following your procedure.

## THE DAY BEFORE COLONOSCOPY

- In the morning, mix bowel prep as directed.
  - Begin No Fiber diet and clear liquids per included diet instructions.
  - No solid food after 2 p.m.
  - Drink at least eight glasses of water throughout the day.
- Keep track here:
- |   |   |   |   |
|---|---|---|---|
| 1 | 2 | 3 | 4 |
| 5 | 6 | 7 | 8 |
- From 4 - 8 p.m. drink all the Golytely prep solution - 8 oz. every 20 minutes. Fill your glass 1/4 full with 7-up or Crystal Light and 3/4 full with Golytely. If you feel nauseated, take 1 Ondansetron tablet.
  - After your prep is finished drink only clear fluids per list below.
  - Do not eat or drink anything after midnight.

## DAY OF YOUR COLONOSCOPY

- Do not eat, drink, smoke, chew gum or eat hard candies after midnight.
- Medications taken the morning of surgery should be taken with a small sip of water.
- Do not apply lotions, powders, or creams to your skin.
- Wear loose-fitting, comfortable clothing.
- Bring insurance information.
- Leave valuables at home.

If you have questions, concerns or problems arise prior to your arrival, please call the General Surgery Coordinator:

**Sara Nelson**  
(218) 631-5202  
8 a.m. - 4:30 p.m.



**Clear liquids include the following if they are NOT colored RED or PURPLE:**

- Water
- Gatorade
- Carbonated and non-carbonated soft drinks
- Popsicles
- Kool-Aid (or other fruit flavored drinks)
- Plain Jell-O
- Hard candy
- Broth (chicken or beef)
- Coffee or tea
- Strained fruit juices without pulp (apple, white grape, lemonade)

# THINGS TO KNOW



**An adult must accompany you.**  
After your procedure, you will be observed until you are alert enough to leave with a friend or family member who can help you as you are discharged.



**Arrange for transportation home.**  
Someone will need to drive you home after your colonoscopy.



**Where to park.**  
Tri-County Health Care is located at 415 Jefferson St. N. in Wadena. Please park in the south parking lot. Valet service is available Monday to Friday, 9:00 a.m. to 4 p.m.



**Inclement weather.**  
If weather prevents travel, please call **218-631-7557** to reschedule your procedure.



**If you are sick the day before your colonoscopy.**  
If you have a cold, fever, cough, runny nose or sore throat the day before your colonoscopy, call **218-631-7557**. For your safety, we may need to reschedule your procedure.



**Remember.**  
Do not eat, smoke, chew gum or drink anything after midnight.



**We're here to help.**  
If you have questions or concerns about your colonoscopy, please call the General Surgery Coordinator:  
**Sara Nelson (218) 631-5202**  
**M-W-Th-F: 8 a.m. - 4:30 p.m.**