Golytely Colonoscopy Prep

PREPARING FOR YOUR PROCEDURE

- You will be called twothree days before your scheduled procedure with an arrival time and instructions.
- · Your preoperative exam must be completed within 30 days of procedure.
- You will need to pick up your colonoscopy prep from pharmacy.
- · The 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.
- GLP-1 Agonists and Blood Thinners: Discuss holding recommendations with your provider at your preoperative appointment.
- Diabetes: Your primary care provider will instruct you on medicines or insulin.

ONE WEEK BEFORE

Medicine Instructions:

· Stop taking any One week before your procedure. Stop taking any multivitamins, oil capsules, fish oil, medicines with iron, or over-the -counter blood thinning pain relievers such as aspirin, excedrin, ibuprofen (advil), and naproxen (aleve). Unless otherwise instructed by your provider. You may continue to take Acetaminophen (tylenol).

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.
- You must have a driver, or someone to accompany you on public transportation, 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:

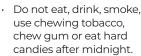
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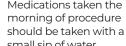
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- From 4 8 p.m. drink all the Golytely prep solution -8 oz. every 20 minutes. Fill your glass 1/4 full with 7-up or Crystal Light and 3/4 full with Golytely. If you feel nauseated, take 1 Ondansetron tablet.
- · After your prep is finished drink only clear fluids per list below.
- · Do not eat or drink anything after midnight.

DAY OF YOUR COLONOSCOPY

- use chewing tobacco, chew gum or eat hard candies after midnight.
- · Medications taken the small sip of water.
- comfortable clothing.
- information.
- · Leave unnecessary items at home. We will have a locked area for required belonainas.





- · Wear loose-fitting,
- · Bring insurance
- · There may be delays due to unplanned emergencies.





discharged.

THINGS TO

KNOW

An adult must accompany you. After your procedure, you

will be observed until

vou are alert enough

to leave with a friend

or family member who

can help vou as vou are





Where to park. Astera Health is located at 421 11th St. NW in Wadena. Please park in the Emergency parking lot and enter through the Emergency door.



If you are sick the day before your procedure. If you have a cold, fever. cough, runny nose, sore throat or vomiting the day before your procedure, please call 218-631-7581. For your safety, we may need to reschedule vour procedure.



Remember. Do not eat, drink, smoke, use chewing tobacco, chew gum or eat hard candies after mindnight.



We're always here to help. If you have auestions or concerns about your procedure, please call 218-631-5202.

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





- 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)

