



Name: \_\_\_\_\_ DOB: \_\_\_\_\_ Date of Exam: \_\_\_\_\_

## Colonoscopy Pre and Postoperative Instructions

### Golytely

**Please contact your facility to pre-register**

Mat-Su Regional Hospital at (907) 861-6858

Susitna Surgery Center: (907) 861-6540

The facility does not schedule the times for the colonoscopies until the day before.

Someone from the hospital/surgery center will call you the afternoon before the colonoscopy with the time to arrive at the hospital. If you have not heard from them, you may call our office at the number above, after 2:30 pm the day before your scheduled procedure for the time of arrival. Read all instructions before beginning your prep.

**Please arrange a ride with a family member (18+) or close friend from the hospital/surgery center. You must have a ride to take you home, no public transportation allowed unless you are still accompanied by another responsible adult (not the cab driver).**

### **Special Instructions/Medications to Hold:**

#### Five Days Before Your Colonoscopy (Prep Day)

To ensure a clean colon for a successful procedure, avoid high-fiber foods 5 days before your colonoscopy. Key items to avoid include nuts, seeds (sesame, chia, flaxseed), popcorn, whole grains (brown rice, quinoa, oatmeal, bran, granola), raw vegetables, beans, and fruits with skins or seeds. Opt for low-fiber, white-flour products, cooked vegetables, and tender meats instead.

#### **PLEASE PURCHASE:**

Bowel Preparation Kit can be purchased at any pharmacy. You will have a prescription for this given to you (or sent electronically) at the initial office visit.

### **FOLLOW OUR INSTRUCTIONS BELOW AND NOT THE INSTRUCTIONS THAT ARE INCLUDED WITH THIS KIT!**

#### **Step 1: THE ENTIRE DAY BEFORE THE PROCEDURE, YOU MAY HAVE CLEAR LIQUIDS ONLY.**

**Clear liquids include:** coffee, tea, water-either carbonated or regular, Gatorade, all soft drinks, all of the clear juices (apple, pear, grape), Jell-O, clear soups (i.e. bouillon or broth). Sugar or artificial sweeteners are allowed.

- You may continue these clear liquids up until mid-night.
- Nothing to eat, drink, smoke or chew AFTER mid-night.
- **DO NOT EAT OR DRINK ANYTHING RED or Purple.**

**NOT ALLOWED ON A CLEAR LIQUID DIET:** Milk, cream, soy milk equivalent, artificial creamer. Juices with pulp like orange, grapefruit, pineapple, tomato and V-8, are **NOT** allowed.

**Shannon Gulley, M.D., F.A.C.S. • Kaitlin Peace, M.D., F.A.C.S**

**425 East Dahlia Ave., Suite J, Palmer, AK 99645 • Phone 907-746-1520 • Fax 907-746-1521**



**Step 2: AT 3:00 PM THE DAY BEFORE YOUR PROCEDURE:**

- Mix solution with water as indicated on the container. Cap the bottle and shake to dissolve the powder.
- The mixed solution will be clear. Do not add anything other than the provided flavor packs to the solution.
- If you would like to drink the solution cold, store it in the refrigerator until it is time to start drinking.

**Step 3: AT 4:00 PM, START DRINKING THE SOLUTION:**

- Drink 1 (8 oz) glass every 30 minutes. Drink each glass steadily, at your own pace. Do not “chug” it. If you experience nausea, slow down drinking the mix and try taking a few sips of one of the clear liquids listed above.
- A watery bowel movement should begin in approximately 1 hour or less. **Be sure to drink ALL the solution.**
- You may also have other clear liquids while drinking the solution.
- **AFTER COMPLETING THE PREP, NOTHING TO DRINK EXCEPT WATER UNTIL 3 HOURS PRIOR TO YOUR ARRIVAL TIME. NOTHING TO PASS THROUGH YOUR LIPS, STARTING 3 HOURS PRIOR TO YOUR ARRIVAL TIME.**

**Note**

- **You must be finished drinking the prep and water three hours prior to your arrival time.**
- A bowel movement will usually occur within an hour after you start prep. Do not worry if this does not happen for three to four hours. Everyone is different.
- Watery and frequent bowel movements will occur until the bowel is fully cleansed.
- The end result should be clear or pale, colorful (typically yellow) liquid stool.
- Refrain from taking oral medications within 1 hour of starting each dose, they will not be absorbed properly.
- Refrain from taking any other laxatives while using this prep.
- If you experience preparation-related symptoms of nausea, bloating, or cramping, then you should pause or slow the rate of drinking the additional water until your symptoms diminish.

**After your Colonoscopy:**

- We suggest you relax and take a nap. You may eat if you are not feeling sick to your stomach.
- We recommend you eat something light, avoid fried foods, fatty foods, and large quantities of food.
- It usually takes 1-2 days for a normal bowel movement to return. Some cramping or bloating is normal. The best way to get rid of the cramping is by passing air or gas (farting or burping).
- Call us right away for:
  - Severe or new onset abdominal pain that doesn't improve by passing gas.
  - Rectal bleeding that turns the entire toilet bowl red (more than half of a cup).
  - Fever greater than 101.5 F or chills, or severe dizziness, fainting or chest pain.
  - Vomiting blood, black or coffee ground looking material.

**I have read and understand the above instructions.**

Date: \_\_\_\_\_

Patient / Guardian: \_\_\_\_\_

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## Golytely

Day before your colonoscopy

Upon waking, begin a clear liquid diet.

**Not allowed:** milk, cream, soymilk, juices with pulp (OJ, grapefruit, pineapple, tomato), red and purple liquids.

**Allowed:** coffee, tea, water, gatorade (no red or purple), clear sodas, clear juices (apple, pear, white grape), clear soups (bouillon or broth), sugar, artificial sweetener.

**3:00 pm**

1. Mix solution with water as indicated on the container.
2. Cap the bottle and shake to dissolve the powder. The mixed solution will be clear. Do not add anything other than the provided flavor packs to the solution.
3. If you would like to drink the solution cold, store in refrigerator until it is time to drink.

**4:00 pm**

Drink 1 (8 oz) glass every 30 mins. Drink each glass steadily, at your own pace. Do not "chug" it. **Be sure to drink all the solution.** You may have other clear liquids while drinking the solution.

AFTER COMPLETING THE PREP, NOTHING TO DRINK EXCEPT WATER

YOU MUST BE FINISHED WITH THE PREP AND ANY WATER 3 HOURS PRIOR TO ARRIVAL TIME. NOTHING TO PASS THROUGH YOUR LIPS FOR 3 HOURS PRIOR TO ARRIVAL TIME