

BEFORE PROCEDURE

Patient to do list:

Inadequate preparation may result in a limited exam and require repeating the entire procedure. Insurance may not cover a repeat procedure due to poor prep!

Shopping:

- You have been given a prescription for **GoLyteLy** or **NuLyteLy** to fill at your local pharmacy. Please pick this up at least one week before procedure.
- Hard candy or peppermints to use if laxative causes nausea.

Labs:

Please have any ordered bloodwork drawn the morning before your test. Arrive two hours before your appointment. Report to the GI Lab to have your blood drawn.

- You were given a requisition for your bloodwork.
- You do not need bloodwork at this time.

NOTE: Female patients will be required to provide a urine specimen when you arrive to the hospital.

POST-PROCEDURE CARE

Results & follow up

- Please go home and rest for the remainder of the day. Do not drive or work for the rest of the day.
- Your physician will discuss test results with you and your family member following the procedure.
- You will be given written instructions for diet, activity, and follow up instructions.
- If biopsies were taken, you will receive results via phone call or mail in about two weeks.
- If the rectal area becomes irritated you may use Anusol or Preparation H cream.

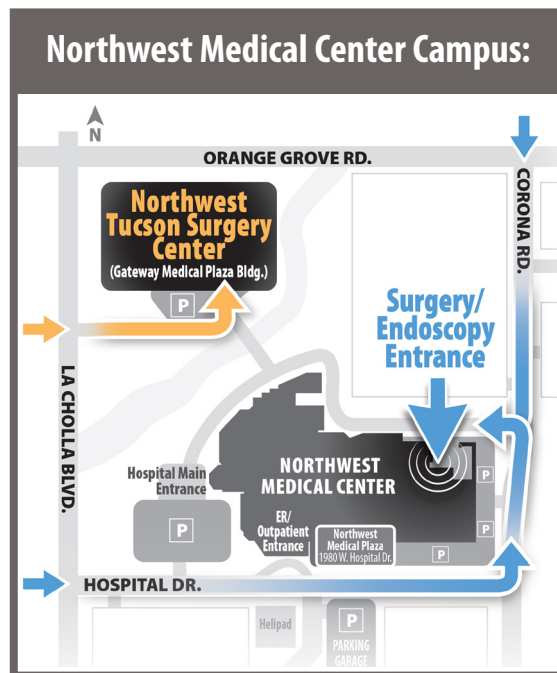
Your procedure will be done
at the checked location:

Northwest Medical Center Surgery/Endoscopy

(Enter from La Cholla Blvd. at Hospital Drive or
from Orange Grove Rd. at Corona Rd.)

Northwest Tucson Surgery Center

(Enter from La Cholla Blvd.)



Rizwan Safdar, M.D.

Office:
520-624-4342

Procedure Scheduler:
520-624-4994



NORTHWEST ALLIED
GASTROENTEROLOGY

1-DAY PREPARATION

GoLyteLy or NuLyteLy

Appointment Date: _____

Arrival Time: _____

Procedure Time: _____

Please call a minimum
of three business days
in advance if you need to
cancel your appointment.

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GASTROENTEROLOGY

MyTucsonDoc.com

Colonoscopy

Colonoscopy

The purpose of this procedure is to directly visualize the mucosal lining of the colon in order to inspect for disease. The primary risk of colonoscopy is perforation. Overall risk is remote. The administering physician will discuss the risks of sedation on the day of the procedure.

Immediately prior to the passage of the instrument you may be given intravenous medications such as Fentanyl, Versed, or Propofol. If you are allergic to any of these medications, latex or eggs, please be certain you have notified the scheduler.

MEDICATIONS:

Do not take the following medications **seven days prior** to your procedure: garlic supplements, ginko biloba, glucosamine, iron supplements or multi-vitamins containing iron. **Avoid seeds, nuts and popcorn seven days prior to your procedure.**

If you are taking blood thinning medication (Plavix, Lovenox, Coumadin, Warfarin, Xarelto, Effient, Brilinta, Ticlid, Eliquis, Pradaxa, Heparin, or Fragmin) *please notify procedure scheduler for additional instructions.* Blood thinners are usually discontinued 3-5 days prior to the procedure.

- **Diabetics:** Take half (1/2) dosage of insulin 24 hours before procedure. No Metformin and Glucophage after midnight the day before procedure. **NO INSULIN, METFORMIN OR GLUCOPHAGE THE DAY OF THE PROCEDURE.**
- Take all other medications as usual, but not within two hours of GoLytely/NuLytely.

1-DAY BEFORE PROCEDURE:

Start your day with a clear liquid diet (see list to the right) as soon as you wake up.

NO SOLID FOOD

8 a.m.

- Fill up gallon solution with water, mix and store in refrigerator

From 5:30 p.m. - 9:30 p.m.

- Drink 1 liter per hour until all solution is gone

Remainder of the day

You may continue clear liquids.

DAY OF PROCEDURE:

Continue clear liquid diet.

NO SOLID FOOD! NO EXCEPTIONS!

Medications:

If you take daily medication, take 4 hours before procedure with a small sip of water.

NO MORE CLEAR LIQUIDS AFTER:

_____ a.m. / p.m.

CLEAR LIQUID DIET

Any listed items are **NOT TO BE COLORED RED, PURPLE or BLUE**

- Water
- Clear liquid Ensure
- Pedialyte
- Powerade, Gatorade, (lemon-lime flavor), Propel any flavor, or any artificially sweetened powdered drinks (Kool-Aid, Tang, Crystal Light – *no red, purple or blue colors*)
- Carbonated or non-carbonated soft drinks (Sprite, 7-up or Ginger Ale)
- Coffee or tea without milk or creamer
- Strained fruit juices without pulp (apple, white grape, lemonaid)
- **NO** milk or milk byproducts (cheese, yogurt)
- **NO** grapefruit, tomato, V-8, or orange juice
- **NO** alcohol
- Plain Jello (*no red, purple or blue colors*)
- Popsicles (*no red, purple or blue colors*)
- Sorbet that does not contain milk or chunks of fruit
- Clear soups and/or broth (*strain off all vegetables and/ or noodles*)