

PATIENT TO DO LIST

Shopping:

- You have been given a prescription for GoLyteLy or NuLyteLy to fill at your local pharmacy.
- 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.

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



NORTHWEST ALLIED GASTROENTEROLOGY

Mark Lin, M.D.

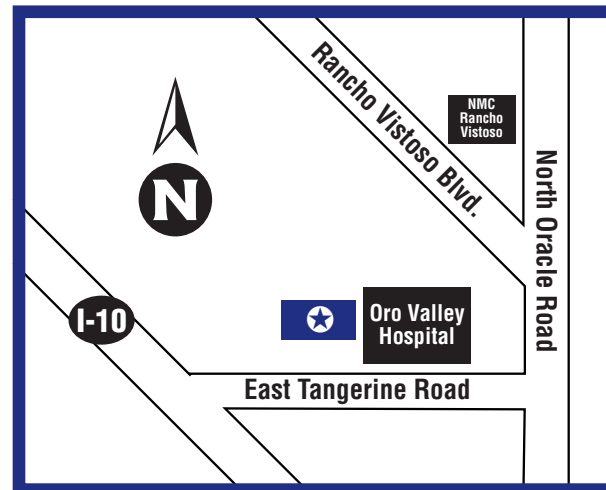
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ORO VALLEY

** Map not to scale*



NORTHWEST ALLIED GASTROENTEROLOGY

Oral Electrolyte Split Dose Preparation

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, ginkgo 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 thinners** (Plavix, Lovenox, Coumadin, Xarelto, Effient, Brilinta, Ticlid, Eliquis, Pradaxa, Heparin, or Fragmin) please be certain you have notified the scheduler.

EXAMINATION PREPARATION

Day Before Examination

- 1.** **Clear liquid diet for breakfast, lunch and dinner. NO SOLID FOOD.** Drink 8 oz. clear liquids hourly throughout the entire day.
- 2. Diabetics:** Use ½ of your usual insulin dose. Do not take your diabetic pills today.
3. Take all other medications as usual, but not within two hours of GoLyteLy/NuLyteLy.


Day Before Examination (continued)

- 4.** Mix GoLyteLy/NuLyteLy with one gallon of water. Chill solution in refrigerator. **At 5 p.m.** drink half of the mixture, 8 oz., every 10-15 minutes (total of 8 glasses). You must finish drinking mixture within 1.5 hours. This solution will not work unless you drink it in this manner. It is not unusual to have nausea or vomiting from this laxative. If this occurs, stop drinking the laxative, suck on hard candy or mints and resume drinking the laxative one hour later. Continue drinking clear liquids throughout the evening.





Day of Examination

- 1.** Six hours before procedure time drink remaining half of GolyteLy/NulyteLy, 8 oz. every 10-15 minutes (total of 8 glasses) until mixture is gone. Mixture must be finished within 1.5 hours then **nothing further by mouth to eat or drink.** No gum, mints, or Ensure. Drinking any further liquids will postpone or result in the cancellation of your procedure.
2. Please take your heart, blood pressure, seizure, or respiratory medications at 6 a.m. with a small sip of water. You may use your inhalers.
3. **Diabetics:** Please check your blood sugar and take this information with you to the hospital/facility. **Do not** take your insulin or diabetic pills this morning. Bring all of your insulin with you to the procedure.

Driving Instructions

-  You must have an adult 18 years or older remain with you during the procedure and drive you home afterward. Your procedure will be cancelled if you fail to meet these requirements.
- You may not resume driving or operate any heavy machinery for the remainder of the day.

What does a “Clear Liquid Diet” Mean?

- Coffee without creamer, tea, or cola
- Apple, white grape, or white cranberry juice
- Plain Jello (no red or purple colors)
- Clear soups and/or broth (strain off all vegetables and/or noodles)
- Popsicles (no red or purple colors)
- Powerade (lemon-lime flavor), Propel any flavor, or any artificially sweetened powdered drinks (Kool-Aid, Tang, Crystal Light – no red or purple colors)
- Sorbet that does not contain milk or chunks of fruit
-  **No** milk or milk byproducts (cheese, yogurt)
-  **No** grapefruit, tomato, V-8, or orange juice
-  **No** alcohol
-  **No** red or purple colors