

General Procedure Information

Please read these instructions two weeks before your procedure

Arrange to have a driver come with you and remain in the waiting area during your test. You may not take a taxi. Your driver must drive you home.

Laxative Prep Method

*Follow these instructions. **Do NOT follow instruction on or inside the box of your prep kit.**

Colyte/Nulytely/Golytely/Gavilyte Prep Kits

Supplies to Purchase:

1. Colyte/Nulytely/Golytely/Gavilyte kit (fill prescription)
2. Clear liquid beverages/products (NO Red or Purple)

General Instructions

2 weeks before procedure

-Stop taking all herbal products

1 week before procedure

- Stop taking aspirin, NSAIDS and any products containing aspirin such as Aleve, Ibuprofen, etc. You may take Tylenol (acetaminophen)
- Stop taking blood thinners **3, 4, or 5 days** prior to procedure or as approved by your prescribing physician.
- Stop multi-vitamins, Vitamin E, Iron, Fish oil supplements, nuts and seeds.

Days before your procedure

- Purchase supplies listed above.
- Read through these instructions
- If your procedure is at **Summit Endoscopy Center**, expect a call from the anesthesia department to discuss your medical history.

**If you have Diabetes, read and follow the special instructions for patients with Diabetes Questions?*

Please see frequently asked questions first. If you still have questions, call 770-719-3240.

Day before Procedure

Date: _____

DIET INSTRUCTIONS

You may **only** have **CLEAR LIQUIDS** the entire day before your procedure. **NO SOLID FOODS** should be eaten during the entire day.

You will begin the CLEAR LIQUID diet when you wake up. **DO NOT consume alcoholic beverages at least 24 hours before your procedure.**

Example of CLEAR LIQUIDS strained fruit juices (apple, white grape, white cranberry), Limeade, Lemonade, Coffee/Tea (No Creamer including non-dairy creamers), clear broth or bouillon, gelatin desserts without added fruit or whipped topping. AVOID RED and PURPLE liquids, including food dye. AVOID MILK and ALCOHOLIC beverages.

LAXATIVE PREP INSTRUCTIONS

- **MORNING:** Prepare the prep solution by following the instructions on the package. You may use the cherry flavoring offered, as there is no red dye in it. Refrigerate prep solution.

-**AFTERNOON (Between 3 pm and 5 pm)** Drink 64 ounces of the solution. You must consume all 64 ounces for the prep to work properly.

Continue to drink clear liquids until bedtime. ***The more hydrated you are, the better the prep results.**

*As your progress through the evening, your anal area may become irritated due to frequent bowel movements. You may apply Vaseline or A & D ointment to help relieve the discomfort.

Day of Procedure

Date: _____

You may have **NO** smokeless tobacco (dip, chew, etc.) or marijuana on this day.

LAXATIVE PREP INSTRUCTIONS

- **6 hours BEFORE LEAVING for the procedure** drink the remaining 64 ounces of solution over 2 hours until **ALL** of the solution is consumed.

- Drink 16 oz. of a clear liquid of your choice over the next 15 minutes.

- Once you have consumed the last 16 oz. of clear liquid, **you must have NOTHING by mouth 4 hours prior to your procedure.** *This means NO water, ice chips, gum, candy, cough drops, etc.*

****Any contents in your stomach could come up, getting into your lungs while under anesthesia.*

GENERAL INSTRUCTIONS

- You may brush your teeth and gargle prior to your test.

- **DO NOT** wear body LOTION or body JEWELRY. Please remove all piercings (tongue, cheek, nose, etc.) prior to your arrival.

- You **MUST** have a driver who remains on the hospital campus while your procedure is being performed.

- **Failure to follow these instructions may cause your procedure to be delayed or cancelled.**