



GAVILYTE/GOLYTELY COLONOSCOPY PREP INSTRUCTIONS

YOUR COLONOSCOPY IS SCHEDULED ON:

AT

Time given during pre-op phone call

LOCATION: ASC (Alberty Surgical Center) Legacy Good Samaritan Hospital Oath

IMPORTANT: Procedures scheduled at the ambulatory surgical center require a 14 day notice for cancellations. Appointments canceled with less than 14 days' notice are subject to a \$400 missed surgery/late cancellation fee.

Procedures scheduled at an offsite hospital require a 30 day notice for cancellations. Appointments canceled with less than 30 days' notice are subject to a \$400 missed surgery/late cancellation fee.

5 DAYS BEFORE PROCEDURE: STOP TAKING multivitamins, iron, Vitamin E, Omega-3 oils, and/or fiber preparations. Avoid NSAIDS, Advil, Aleve, and Ibuprofen if possible. Tylenol and Aspirin (full strength or baby) is ok.

3 DAYS BEFORE PROCEDURE:

NO: fresh/raw fruits or vegetables (cooked or canned is ok). **No seeds, nuts, tomatoes, berries, melons, cucumbers, popcorn, chunky peanut butter, seeded bread, brown rice, beans (legumes).**

OK: some examples are bread (without seeds), applesauce, pasta, eggs, white rice, cooked oatmeal, potatoes, all dairy products, chicken, seafood, beef, pork, cooked or canned fruits and vegetables.

DAY BEFORE PROCEDURE:

START A CLEAR LIQUID DIET WHEN YOU WAKE UP IN THE MORNING (see page 2).

NO SOLID FOOD UNTIL AFTER THE PROCEDURE.
NO RED OR PURPLE COLORS

BOWEL PREP START TIME: 5:00 PM

IMPORTANT:

Drink plenty of clear liquids throughout the entire prep day to stay hydrated. See approved clear

IMPORTANT: Drink at least 64oz of clear liquids throughout the day prior to starting the laxative. (see page 2)

In the Morning:

Prepare the GoLyteLy mixture by filling the container to the indicated line with water. Seal & shake the container, then set aside or refrigerate.

If you wish to change the flavor, you may add a powdered drink mixture of your choice.

At 5:00 PM:

Begin drinking the GoLyteLy preparation, one 8 oz. glass every 20 minutes until half is gone or bowel movements are completely and consistently clear. It is sometimes easier to drink with a straw.

NOTE: Feelings of bloating, nausea or chills are common after the first few glasses, this should start to improve once you begin having bowel movements. If you feel too nauseated to continue, stop and rest for 30 minutes before resuming.

DAY OF PROCEDURE:

CONTINUE CLEAR LIQUID DIET (see page 2).

NO SOLID FOOD UNTIL AFTER THE PROCEDURE.
DRINK 2nd HALF OF BOWEL PREP

BOWEL PREP START TIME: _____

Time given during pre-op phone call

At specified time given:

Begin drinking the remainder of the GoLyteLy preparation, one 8 oz. glass every 20 minutes until half is gone or bowel movements are completely and consistently clear. It is sometimes easier to drink with a straw.

IMPORTANT: NOTHING TO DRINK FOUR (4) HOURS PRIOR TO YOUR PROCEDURE TIME, INCLUDING WATER

CLEAR LIQUID DIET AND BOWEL PREPARATION FREQUENTLY ASKED QUESTIONS:

REMINDER: You'll start a clear liquid diet from the time you wake up, on the day before your procedure.

What is a clear liquid? A good rule-of-thumb is anything you can see through (or read through), EXCEPT ANYTHING THAT IS RED OR PURPLE. Below is a list of acceptable and unacceptable clear liquids.

The purpose of a clear liquid diet is to maintain vital body fluids, salts, and minerals and to also give some energy when normal food intake is interrupted. Clear liquids are easily absorbed by the body, reduce stimulation of the digestive system, and do not leave any residue in the intestinal tract. Red and purple colored foods and drinks stain the GI tract preventing the doctor from getting a clear view, and therefore should be avoided.

| ACCEPTABLE | | <u>UNACCEPTABLE</u> | |
|-----------------------|--------------------|-----------------------------|---|
| Broth | Vitamin water | Milk | ANY food or drink with red or purple colors |
| Jell-O | Plain coffee | Cream | ALCOHOL |
| Popsicles | Plain tea | Dairy products | |
| Soda | Hard candies | Soy/nut based dairy liquids | |
| Apple juice | Non-pulp fruit ice | Protein powders | |
| WHITE grape juice | Water | Juice with pulp | |
| WHITE cranberry juice | | | |
| Sports drinks | | | |

What are the effects of the bowel prep?

You will have a lot of diarrhea from the bowel prep. Additionally, some people experience nausea, bloating, and/or occasional abdominal discomfort. This will usually begin within 3 hours after you drink the prep. Staying comfortable is important during this time, some tips are:

- Apply Vaseline® or Desitin Ointment® to prevent irritation from wiping
- Reserve the bathroom and bring a book or magazine to read
- Use moistened wipes, such as Charmin Freshmates®, instead of toilet paper to avoid irritation
- Wear pants that are easy to take on and off repeatedly

My prep hasn't started working yet, is that ok?

Everyone responds differently to the prep, however, most people should see responses within three (3) hours. If you have not experienced this, then make sure you are drinking enough fluids.

How do I know when my bowel prep is complete?

The stool coming out should look like the liquids you are putting into your system – clear or yellow and liquid, without many particles. Even if you see these results prior to finishing your prep, we request that you complete the prep.

When will I be able to eat normally?

You can resume eating as soon as you have recovered from the procedure and anesthesia; however we strongly suggest that you ease into solid foods the first day.

When will my bowel movements return to normal?

You should see a normal bowel movement pattern within 2-3 days.

If after reading this information you still have questions, please don't hesitate to call our office:

TPC Main Number: **503-221-0161**

Tigard Medical Office: **503-293-0161, ext. 4053**

Alberty Surgical Center: **503-445-9066, ext. 4623**

FREQUENTLY ASKED QUESTIONS (GENERAL):

I know I was told that you don't know what time my procedure is, but can you please tell me anyway?

No. We are unable to provide specific times for patients and we encourage patients to wait for their pre-op phone call to find out this information. The Surgery Center is very accommodating if there are any special needs, however we are unable to guarantee or give out any specific procedure times until the pre-op call two (2) days prior.

How long will the colonoscopy take/how long will I be at the facility?

The procedure itself takes about 30-45 minutes, however, plan on being at the Surgery Center for approximately 2.5-3 hours (time from check-in to check-out).

Can I drive myself home after my colonoscopy?

NO! While recovering from the anesthesia, it is not safe for you to drive yourself home and you will not be allowed to drive until the day after your procedure. Please arrange for someone to drive you home or request acceptable medical transportation. **You will not be allowed to leave the Surgery Center if you are not accompanied into your home by an adult.** In many cases, taxi drivers are willing to walk you inside your home, however this **must** be arranged prior to your procedure. An acceptable alternative to public transportation is Metro West/Comfort Car. You can contact them at 503-648-6656 and should call ahead to make arrangements.

What if I take a blood thinner like Coumadin, Warfarin or Plavix?

What if I take a blood thinner like Coumadin, Warfarin or Plavix? As directed by your provider. If you have not discussed blood thinners with your provider, reach out to them for instructions.

What if I take diabetes medications?

If you are diabetic, take only half of your normal diabetic medication dosage on your prep day and procedure day.

What if I take blood pressure medications?

You may continue taking your blood pressure medication normally, unless it has a diuretic (water pill) included. Hydrochlorothiazide (HCTZ) is an example of a diuretic. **If you are taking a blood pressure medication with a diuretic, do not take the medication on your prep day or procedure day.**

What if I take a diuretic (water pill)?

Do not take your diuretic medication on your prep day or procedure day. Diuretics increase your chances of dehydration, which we want to avoid. Some examples of diuretics are Hydrochlorothiazide (HCTZ) and Lasix.

What is the difference between a screening and diagnostic colonoscopy?

A screening colonoscopy is a routine procedure done for a patient who is not experiencing any symptoms. A diagnostic colonoscopy is performed on a patient with a previous personal history of polyps or cancer, or to investigate occurring symptoms, such as blood in stools or change in bowel movements. A family history of polyps or colon cancer may also indicate a diagnostic colonoscopy with some commercial insurers. Insurance benefits and coverage may differ between a screening and diagnostic colonoscopy. We recommend you contact your insurance plan for a better understanding of your specific coverage.

Who can I contact with any billing questions?

Our Patient Accounts department would be more than happy to answer any questions you may have. You can contact them at 503-221-2189, option 1.

COLONOSCOPY PREPARATION CHECKLIST:

AT LEAST ONE WEEK PRIOR TO YOUR PROCEDURE:

- Read all patient information slowly and carefully.
- Make sure you have all the supplies you need.
- Pick up your Golytely materials from your pharmacy. The prescription should have already been called in. If the prescription was not called into your pharmacy, please contact The Portland Clinic GI department.
- Make sure you have done any required pre-operative laboratory/EKG testing. If you are receiving MAC (Monitored Anesthesia Care), you will need to complete bloodwork and an EKG within 30 days of your procedure. If you are receiving Conscious Sedation, there is no pre-operative testing required.
- If after reading the prep instructions you are unsure of which medications to temporarily stop taking, please contact The Portland Clinic GI department.
- PLEASE NOTE: IF YOU NO-SHOW FOR YOUR PROCEDURE OR CANCEL/RESCHEDULE WITHIN 14 DAYS OF YOUR PROCEDURE AT THE SURGICAL CENTER or 30 DAYS OF AT OFFSITE HOSPITAL, YOU WILL BE CHARGED \$400.**

2 DAYS BEFORE YOUR COLONOSCOPY:

- Review all preparation instructions.
- Expect a phone call from a nurse to go over pre-operative instructions as well as to give you a check-in time. Fill out this information on the Colonoscopy Prep Instructions page (page 1).
- Confirm your transportation to and from the Surgery Center.

1 DAY BEFORE YOUR COLONOSCOPY:

- START A CLEAR LIQUID DIET FROM THE TIME YOU WAKE UP! NO SOLID FOOD AT ALL ON YOUR PREP DAY!**
- Adjust your diabetic/blood pressure/diuretic medications as needed (see page 3).
- Follow the bowel prep instructions in this packet. Disregard the instructions on the side of the box.
- Make sure you are available by phone should your doctor's office or the Surgery Center need to contact you.
- Read through the Surgery Center policies and procedures and fill out any necessary forms.
- STAY HYDRATED!** The more clear liquids you consume, the easier your prep will be.

DAY OF YOUR COLONOSCOPY:

- Continue to follow the clear liquid diet instructions in this packet.
- Follow the bowel prep instructions in this packet. Disregard the instructions on the side of the box.
- If you take nitroglycerin, have asthma inhalers, or use a CPAP machine, please bring them with you to your procedure.
- Bring your insurance card and photo identification.
- Leave valuables at home.
- NO SOLID FOOD UNTIL AFTER THE PROCEDURE!**
- ABSOLUTELY NOTHING TO DRINK FOUR (4) HOURS PRIOR TO YOUR PROCEDURE TIME, INCLUDING WATER**