

<p>Date of Procedure: _____</p> <p>Physician: _____</p>	<p>Two weeks before:</p> <p>Please call your primary care physician to discuss holding blood thinners such as Coumadin, Plavix, Effient, Lovenox, Pradaxa, or Aggrenox. These will have to be held prior to the procedure. You may need special instructions if you take insulin or other diabetic medications.</p>	
<p>7 days before</p>	<p>5 days before</p>	<p>Day before</p>
<ul style="list-style-type: none"> Stop taking iron supplements and multivitamins. Stop taking NSAIDS such as Motrin, Ibuprofen, Aleve, Naproxen, and Meloxicam. You may continue to take your daily aspirin. Pick up your bowel prep at the pharmacy. It will be a gallon container with powder mix inside. Do not add any water until the day before your colonoscopy. Read this entire instruction sheet and all included materials. Use the instructions on this sheet. DO NOT use the instructions provided on the GoLyteLy box. 	<ul style="list-style-type: none"> The endoscopy suite will call you 5 business days prior to your procedure date to inform you of your arrival time. Questions may be directed to (603-580-7892) <ul style="list-style-type: none"> If you use our patient portal to check upcoming appointments please disregard this information for your procedure in our endoscopy suite and follow the instructions above. Arrival Time: _____ 2 days before <ul style="list-style-type: none"> Stop eating seeds, nuts, corn, green vegetables and beans. Confirm your ride home. <div data-bbox="577 1052 756 1177" data-label="Image"> </div> <p>You MUST have a ride home as you will be receiving sedation (NO TAXIS). Please inform your escort that the visit will take 2 ½ -3 hours</p>	<ul style="list-style-type: none"> No solid food ▪ No dairy ▪ No juice with pulp ▪ No alcoholic beverages ▪ Nothing red in color ONLY clear liquids allowed: Apple juice, white grape juice, ginger ale, clear broth/ bouillon, water, coffee/tea without milk, clear carbonated beverages, Jell-O, popsicles. To stay hydrated, drink at least 8 glasses of clear liquid in addition to the bowel prep. <div data-bbox="1228 617 1627 657" data-label="Image"> </div> <p>Mark off each time you drink an 8 OZ. glass</p> <ul style="list-style-type: none"> Early in the morning mix the GoLyteLy: Fill the container with lukewarm water, shake well until powder is dissolved and refrigerate to chill. See helpful tips below... Starting at 6:00 pm drink one 8 OZ. glass of GoLyteLy preparation every 15-20 minutes until 3 liters is consumed (or ¾ of the container). If you get nauseated, stop for 30 minutes to 1 hour, then start again at a slower pace. You will begin to have loose stools 1-2 hours after you start drinking the GoLyteLy. <div data-bbox="1281 893 1575 974" data-label="Image"> </div> <p>Mark off each time you drink an 8 OZ. glass</p> <p>★If you are unable to finish your prep or have not had a bowel movement two hours after drinking the evening dose, call the hospital at 603.778.7311 as soon as possible and ask for the GI nurse.</p>
<p>Day of procedure</p>		
<ul style="list-style-type: none"> 4 hours prior to your arrival time drink the remaining liter of GoLyteLy (one 8 oz glass every 15 minutes until gone) <div data-bbox="1312 1209 1554 1250" data-label="Image"> </div> <p>Mark off each time you drink an 8 OZ. glass</p> <ul style="list-style-type: none"> Stop drinking all liquids 3 hours before you are due to arrive at the hospital. Please take your morning medications with a sip of water. 		

Helpful tips... Drinking the GoLyteLy cold and adding a Crystal Light flavor packet (not red) can improve the taste. Drink with a straw. To decrease discomfort around the rectum use wet wipes instead of toilet paper and apply Vaseline or A&D Ointment to the rectum Revised 6/14

Please check with your insurance carrier regarding your coverage of this procedure, a pre-authorization may be required.

If you are unable to make your appointment please call 603.772.5528 Core Gastroenterology requires 72 hours notice for cancellations.