

<p>Date of Procedure: _____</p> <p>Physician: _____</p>	<p><b>Two weeks before:</b></p> <p>Please call your primary care physician to discuss holding blood thinners such as Coumadin, Plavix, Effient, Lovenox, Pradaxa, or Aggrenox. These will <b>have</b> to be held prior to the procedure. You may need special instructions if you take insulin or other diabetic medications.</p>	
<p><b>7 days before</b></p>	<p><b>5 days before</b></p>	<p><b>Day before</b></p>
<ul style="list-style-type: none"> <li>▪ Stop taking iron supplements and multivitamins.</li> <li>▪ Stop taking NSAIDS such as Motrin, Ibuprofen, Aleve, Naproxen, and Meloxicam.</li> <li>▪ You may continue to take your daily aspirin.</li> <li>▪ 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.</li> <li>▪ Read this entire instruction sheet and all included materials.</li> <li>▪ <b>Use the instructions on this sheet. DO NOT use the instructions provided on the GoLyteLy box.</b></li> </ul>	<ul style="list-style-type: none"> <li>▪ <b>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)</b></li> <li>▪ If you use our patient portal to check <b>upcoming appointments</b> please <b>disregard</b> this information for your procedure in our endoscopy suite and follow the instructions above. Arrival Time: _____</li> <li>▪ <b>2 days before</b></li> <li>▪ Stop eating seeds, nuts, corn, green vegetables and beans.</li> <li>▪ Confirm your ride home.</li> </ul> <div data-bbox="577 1052 756 1177" data-label="Image"> </div> <p>You <b>MUST</b> 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"> <li>▪ No solid food ▪ No dairy ▪ No juice with pulp ▪ No alcoholic beverages ▪ Nothing red in color</li> </ul> <p>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.</p> <p>To stay hydrated, drink at least 8 glasses of clear liquid in addition to the bowel prep.</p> <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"> <li>▪ Early in the morning mix the GoLyteLy: Fill the container with lukewarm water, shake well until powder is dissolved and refrigerate to chill. <b>See helpful tips below...</b></li> <li>▪ 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.</li> </ul> <div data-bbox="1281 893 1575 974" data-label="Image"> </div> <p>Mark off each time you drink an 8 OZ. glass</p> <p><b>★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.</b></p>
<p><b>Day of procedure</b></p>		
<ul style="list-style-type: none"> <li>▪ <b>4 hours prior to your arrival time</b> drink the remaining liter of GoLyteLy (one 8 oz glass every 15 minutes until gone)</li> </ul> <div data-bbox="1302 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"> <li>▪ <b>Stop drinking all liquids 3 hours before you are due to arrive at the hospital.</b></li> <li>▪ Please take your morning medications with a sip of water.</li> </ul>		

**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.**