

**COLONOSCOPY PRE-PROCEDURE INSTRUCTIONS WITH GOLYTELY**

**Date of Procedure:** \_\_\_\_\_

\_\_\_\_\_ Do not take aspirin or aspirin containing products or anti-inflammatories (Advil, Motrin, Ibuprofen, etc.) 2 weeks prior to surgery unless told to do so by the surgeon. TYLENOL IS OK TO USE. Stop date: \_\_\_\_\_

\_\_\_\_\_ Do not smoke or chew tobacco after midnight the night before surgery.

\_\_\_\_\_ Do not schedule any dental work or cleaning within 2 weeks of the procedure. Schedule after \_\_\_\_\_

\_\_\_\_\_ Do not consume alcohol for 36 hours before and 24 hours after your surgery or while taking narcotic medications.

\_\_\_\_\_ Do bring containers for contact lenses, dentures, glasses or other prosthetic devices.

\_\_\_\_\_ Do not bring valuables with you to the hospital.

\_\_\_\_\_ Do not wear nail polish, artificial nails, jewelry, piercings, or contact lenses.

\_\_\_\_\_ Do not apply make up, deodorant, lotion, powder, cologne/fragrance or any other skin products.

\_\_\_\_\_ Shower with antibacterial soap (such as Dial) the night before AND the morning of your surgery.

\_\_\_\_\_ Bring your military ID card.

\_\_\_\_\_ Wear comfortable clothing, appropriate to your scheduled procedure. Uniform of the day is not required.

\_\_\_\_\_ Have someone drive you to and from the hospital and an adult to stay with you for the first 24 hours after surgery. Do not drive or operate machinery for the first 24 hours after surgery/procedure.

\_\_\_\_\_ Do pick up your container of GOLYTELY bowel prep from the NHL Pharmacy.

\_\_\_\_\_ For all ACTIVE DUTY members, return the "Request for Elective Surgery" chit signed by your command NLT 1600 ON: \_\_\_\_\_ to the General Surgery Clinic front desk.

You will be called on \_\_\_\_\_ by 1500 for the time you are to report to the Ambulatory Procedure Unit located on the second floor. If you do not hear from anyone by 1500 the day before surgery, please phone 559-998-4471. General Surgery clinic phone number: 998-4265

**BOWEL PREP INSTRUCTIONS**

Three days before your procedure starting on \_\_\_\_\_, eat a **LOW ROUGHAGE DIET. DO NOT EAT THESE FOODS:** Whole grain or high fiber foods, no vegetables, no salad greens, no nuts, no seeds, no sweet potatoes, no tomatoes. Stop using Metamucil and Fibercon.

Do not drink or eat anything red, orange or purple in color three days before procedure.

The day before your procedure at 0730 on \_\_\_\_\_, have a light breakfast of eggs, white bread and juice without pulp (i.e. Apple Juice). This is the only meal you will have until AFTER your colonoscopy.

Starting at 9 AM, drink at least 8 oz of clear liquids every hour to prevent dehydration. Clear liquid include: water, apple juice, Sprite, tea, Gatorade (not red/purple/orange), chicken broth and jello (not red/purple/orange). You will drink clear liquids for the remainder of the day.

Prepare the GOLYTELY by adding water to the fill line and refrigerate. You may add Crystal Light, lemonade flavor to the GOLYTELY to enhance its flavor.

Starting at 5 PM, on \_\_\_\_\_, begin drinking 8 ounces of the GOLYTELY every 15 minutes. This is equal to 16 cups and takes 2 to 3 hours to complete. Nausea and cramping is normal.

Continue to drink the entire solution to be sure of an adequate preparation.

**DO NOT DRINK ANYTHING AFTER MIDNIGHT! DO NOT EAT AFTER 0730 THE DAY BEFORE SURGERY**

Patient Signature \_\_\_\_\_ Date \_\_\_\_\_

Pre-op Nurse Signature \_\_\_\_\_ Date \_\_\_\_\_