

Provider Performing:

Dr. Jay Kamath  Dr Nimal Patel

Date of Exam: \_\_\_\_\_

Arrival Time: \_\_\_\_\_

*(YOUR TIME MAY CHANGE ACCORDINGLY)*

## **Golytely Instructions for Colonoscopy**

**Please expect to be at the center for NO LESS than 3 hours.**

**Your procedure has been scheduled at:**

<input type="checkbox"/> <b>Bay Area Endoscopy Center</b> 5771 49th St. N St. Petersburg, FL 33709 727-528-2261	<input type="checkbox"/> <b>Northside Hospital</b> 6000 49 <sup>th</sup> St. N St. Petersburg, FL 33709 727-521-5158	<input type="checkbox"/> <b>St Pete General</b> 6500 38 <sup>TH</sup> Ave. N St. Petersburg FL 33710 727-384-1414
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**To ensure a successful exam, please follow all instructions carefully.**

**Remember, your procedure WILL be rescheduled if:**

- ✓ You do not follow **ALL** prep instructions.
- ✓ You do not complete your **ENTIRE** preparation as instructed
- ✓ You do not have a ride home (it **MUST** be an adult friend or family member that **DRIVES** you)
- ✓ **If you take a TAXI or UBER you MUST have an adult friend or family member accompany you.**
- ✓ You are **NOT** able to take a Bus

**❖ Your adult friend or family member that drops you off/ picks you up, MUST stay within a 30 minute distance of the procedure center.**

We are requesting clearance from your specialist. You are **NOT** to stop any medication without clearance. We will contact you with instructions of when to stop any medication

### **7 DAYS PRIOR TO YOUR PROCEDURE**

**STOP** taking any supplements/medications containing iron.

NSAIDs, Ibuprofen, Advil, Aleve, Motrin, Celebrex, Naproxen, Fish Oil, and Vitamin E.

(If you take Aspirin 81mg, you may continue to take this)

**DO NOT EAT ANY NUTS SEEDS OR POPCORN!**

**PURCHASE THESE ITEMS AHEAD OF TIME:**

-Golytely Solution (this will be a prescription at your pharmacy)

**Turn Over**



# INSTRUCTIONS FOR YOUR PROCEDURE

## 2 Days prior procedure at:

**3:00 pm** take BOTH Dulcolax tablets (provided by the office)

## **Day of the procedure**

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### Upon waking up:

- ❖ Begin a clear liquid diet
- ❖ **NO RED OR PURPLE**

### You may have:

- ✓ Coffee or Tea (**NO** milk or creamer)
- ✓ Pulp Free Juice (apple, white grape)
- ✓ Broth or Bouillon
- ✓ Kool-Aid or Crystal Light
- ✓ Jell-O (**NO** added fruit or toppings)
- ✓ Popsicles or Italian Ice
- ✓ Carbonated Drinks (Coke, Pepsi, Sprite, Diet or Regular)

**4pm** start drinking 8oz of the solution every 10-15 minutes. You can expect to have diarrhea, you are to continue drinking the entire preparation! This will take about 4 hours to complete. Do **NOT** take anything to stop the diarrhea.

- ✓ **DIABETICS ON INSULIN:** Only take **HALF** your morning dose of insulin. If you are on long-acting insulin, **DO NOT** take your night dose.



**NOTHING TO EAT OR DRINK AFTER MIDNIGHT.**



## **NOTHING TO EAT OR DRINK AFTER MIDNIGHT**

PLEASE DO NOT DRINK ANY WATER IN THE MORNING OF YOUR PROCEDURE , THIS CAN CAUSE A DELAY FOR YOUR PROCEDURE

**DIABETICS:** Check your glucose level in the morning of your procedure and **ONLY** if your diabetes is uncontrolled please take any oral diabetic medications or insulin

If your diabetes is controlled please **DO NOT** take your diabetes medications

Remember to check your sugar level regularly during your colonoscopy prep.

## **The Day of Your Procedure**

You **MAY** take your morning medications as

usual (which includes blood pressure, cholesterol, depression, anxiety, seizure medication, thyroid medication, **WITH**

**SMALL SIP OF WATER)**

(**DO NOT** take NSAIDS or Blood thinners)

If you have any questions please do not

hesitate to call

**727-273-2907 Yairis Diaz**

## **NOTE:**

**In the event that a biopsy needs to be performed, there will be additional charges from an outside pathology lab.**