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PREPARATION INSTRUCTIONS FOR COLONOSCOPY

FACILITY INSTRUCTIONS

The facility does not schedule the times for the colonoscopies until the day before.

Someone from the facility will call you **the afternoon before** the colonoscopy with the time to arrive.

____ **Mat-Su Regional Medical Center (907) 861-6858**

____ **Surgery Center of Wasilla (907) 631-3578**

YOU MUST MAKE ARRANGEMENTS FOR SOMEONE YOU KNOW TO DRIVE YOU HOME. You may not drive for the rest of the day once the procedure is completed. **You CANNOT take a cab home.**

GoLytely (Gavilyte-G), NuLytely (Gavilyte-N), PEG 3350 COLON CLEANSE INSTRUCTIONS

- You will need to purchase a Bowel Preparation Kit from a pharmacy.
- A prescription will be given to you (or sent electronically) at the initial office visit

FOLLOW THE INSTRUCTIONS BELOW AND NOT THE INSTRUCTIONS THAT ARE INCLUDED WITH THIS KIT!

PLEASE READ THESE INSTRUCTIONS SEVERAL DAYS BEFORE YOUR PROCEDURE.

THE ENTIRE DAY BEFORE YOUR COLONOSCOPY – HAVE A CLEAR LIQUID DIET ONLY. NO SOLID FOODS.

Clear liquids include water, coffee, tea, Gatorade, carbonated and non-carbonated soft drinks. All the clear juices: apple, white grape. Jell-O, popsicles, and clear soups: bouillon or broth. Sugar or artificial sweeteners are allowed.

NOT ALLOWED ON A CLEAR LIQUID DIET: Dairy products: milk, cream, soy, artificial creamer, or pulpy juices like orange, grapefruit, pineapple, tomato and V-8. No alcoholic beverages.

STEP 1. Around 3:00 pm:

- Mix solution with water as indicated on the container. Cap the bottle and shake to dissolve the powder.
- The mixed solution will be clear. Do not add anything other than the provided flavor packs to the solution.
- If you would like to drink the solution cold, store it in the refrigerator until it is time to start drinking it.

STEP 2. Around 4:00 pm: START DRINKING THE SOLUTION

- Drink 1 (8 oz) glass every 30 minutes. Drink each glass steadily, at your own pace. Do not “chug” it. If you experience nausea, slow down in drinking the mix and try taking a few sips of one of the clear liquids listed above.
- A watery bowel movement should begin in approximately 1 hour or less. **Be sure to drink ALL the solution.**

Continue to drink clear liquids so that you stay well hydrated. *Do not smoke or chew tobacco AFTER mid-night. You should be passing clear or clear yellow liquid by this time.

ON THE DAY OF YOUR COLONOSCOPY – You may continue to drink a small amount of clear liquids up to **2 HOURS PRIOR TO ARRIVAL TIME** then nothing by mouth.

CALL OUR OFFICE IF YOU HAVE ANY QUESTIONS.