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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 2500 S. Woodworth Loop Palmer, AK 99645 Phone: (907) 861-6338

\_\_\_\_ Surgery Center of Wasilla 3190 E. Meridian Park Loop Ste. 111 Wasilla, AK 99654 Phone: (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.**

### GoLyte (Gavilyte-G), NuLyte (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.