

MGI Michiana Gastroenterology Inc.

Telephone: (574) 234-0049

Fax: (574) 234-0053

www.michianagastro.com

Colonoscopy Instructions

with GOLYTELY/NULYTELY/TRILYTE PREP

****Please be aware, there will be 2 separate charges for this procedure. One for the Facility and one for the Doctor****

Patient: _____ Dr. _____

Date: ____/____/____ Arrival Time: _____ am/pm Procedure Time: _____ am/pm

____ Michiana Endoscopy Center
53830 Generations
South Bend, IN 46635

____ St. Joseph's Medical Center
Outpatient Registration 2nd Floor

____ Memorial Hospital
Patient Registration – Main Entrance

Patient Preparation Instructions for Colonoscopy

Preparation for Colonoscopy with Golytely/Nulytely/Trilyte Prep: You must fill your prescription for Golytely, Nulytely or Trilyte at your pharmacy as soon as possible.

Colonoscopy Procedure Checklist – Read Today

- _____ **FOLLOW PRINTED INSTRUCTIONS ON THIS SHEET NOT THE COLON PREP PACKAGING.**
- _____ **Please check with your insurance company to see if outpatient pre-certification is necessary.**
- _____ **Someone to stay with you during the procedure and to drive you home after the procedure. You cannot take a cab home alone.**
- _____ **Bring your insurance card(s), photo identification, and all of your medication bottles to the hospital and/or Endoscopy Center.**
- _____ **Co-Pay if indicated.**
- _____ **If you have not been a patient at the Michiana Endoscopy Center, please complete new patient form and bring with you on scheduled procedure date.**
- _____ **Medicare Waiver must be signed and returned to office prior to procedure date or your appointment may be rescheduled.**
- _____ **Patients who have an implanted cardiac defibrillator / porta cath need to have their procedure at the hospital.**
- _____ **Call the office (574) 234-0049 if you have a condition (heart valve replacement) that would require pre-procedure antibiotics.**

Medications to Avoid Seven (7) Days Prior to Procedure:

- Iron supplements

Medications to Avoid Four (4) Days Prior to Procedure:

- Aspirin or aspirin containing products
- Coumadin and other blood thinners (call your family physician regarding stopping this medicine)
- Call your family physician if you are insulin dependent diabetic regarding dosage prior to procedure.
- If you are on Plavix, you may continue use.

Other Medications on Day of Procedure

1. Insulin dosage as directed by family physician. No oral blood sugar medication the morning of your exam. If you are diabetic, please check your blood sugar *prior to arrival*.
2. Please inform the nurse if you are allergic to any medications, have latex allergies, are diabetic or have had heart surgery.
3. The IV medications used to sedate you for the procedure are Fentanyl Citrate and Versed. Please let the doctor or nurse know if there has been a problem with either medication in the past. The sedation will make you forgetful; it is *strongly* recommended someone be with you after the procedure to talk with the doctor.
4. May take other daily routine medication.

Clear Liquids and Juices Allowed

Water – Apple Juice – White Grape Juice – White Cranberry Juice – Lemonade (no pulp) - Bouillon (Beef, Chicken or Vegetable) – Plain Jell-O – Tea - Coffee – Carbonated Beverages (Sprite, 7Up, Sierra Mist, Ginger Ale) – Gatorade - Popsicles – Italian ice

NO ALCOHOL - RED OR PURPLE COLORS - SOLID FOODS - MILK OR MILK PRODUCTS

NO JUICES WITH PULP INCLUDING TOMATO, ORANGE, GRAPEFRUIT, PINEAPPLE, PRUNE

Day Before Examination

FOLLOW PRINTED INSTRUCTIONS ON THIS SHEET NOT THE COLON PREP PACKAGING.

1. Upon waking, immediately take the four (4) Dulcolax Tablets all at once with 8 ounces of clear liquid.
2. **Drink only clear liquids for breakfast, lunch and dinner.** Clear liquids throughout the day are encouraged.
3. In the morning, add lukewarm water to the top line on the container. Mix it to dissolve the powder. It is sometimes easier to drink the prep through a straw and/or chilled. If you choose you may put the container in the refrigerator to chill.
4. **You will be taking a laxative and it will give you diarrhea. Stay close to the restroom.**
5. **6:00 PM** begin drinking Golytely/Nulytely/Trilyte Prep (you may start earlier). You will be drinking half of the Golytely/Nulytely/Trilyte Prep today. Drink 1(8 oz) glass every 15 minutes until you reach the 2 Liter mark. Refrigerate the remaining 2 liters of prep for use day of examination.
6. It is important to drink at least eight (8) glasses of clear liquids throughout the day to prevent dehydration. Choose from the above list.
7. If you have rectal discomfort from the prep, Tucs, A and D ointment or Desitin ointment is recommended for use around the rectal area.
8. If you awaken during the night with brown or solid stool drink more clear liquids. Tell the nurse at the endoscopy center if you are still having brown or solid stool upon arrival.

Day of Examination (4 Hours Prior to Scheduled Exam)

1. _____**AM** begin drinking last 2 liters of Golytely/Nulytely/Trilyte Prep. Drink 1(8 oz) glass every 15 minutes until finished.
2. **DRINKING LIQUIDS ARE ENCOURAGED TO PREVENT DEHYDRATION. YOU MAY DRINK LIQUIDS UP TO 2 HOURS BEFORE YOUR EXAMINATION.**
3. **REMINDER:** You must be accompanied by a driver because you will be sedated for the procedure. Do not plan to return to work or make any important decisions the rest of the day.

Phone Numbers if there are questions:

Michiana Gastroenterology, Inc.	(574) 234-0049
Michiana Endoscopy Center	(574) 271-0893 or 1-866-669-8743 (toll free)
Hours of operation	Monday – Thursday 5:45am – 5:00 pm
	Friday 5:45am – 4:00pm
St. Joseph Regional Medical Center	(574) 237-7736 8am – 4pm
Memorial Hospital	(574) 647-6700 8am – 4pm

IN CASE OF AN EMERGENCY, GO TO THE HOSPITAL EMERGENCY ROOM!