

**NORTH IDAHO ENDOSCOPY CENTER  
1607 LINCOLN WAY SUITE 100  
COEUR D'ALENE, IDAHO 83814**

**208-667-5483**

**PLEASE NOTE: THERE WILL BE TWO SEPARATE CHARGES FOR YOUR PROCEDURE. ONE FROM THE GASTROENTEROLOGIST AND ONE FROM NORTH IDAHO ENDOSCOPY CENTER.**

## **COLONOSCOPY**

Patient: \_\_\_\_\_ Phone \_\_\_\_\_

Gastroenterologist: \_\_\_\_\_

Date of procedure: \_\_\_\_\_

Time to arrive: \_\_\_\_\_

*Your arrival time may need to be adjusted based on the doctor's schedule*

Where to check in: NORTH IDAHO ENDOSCOPY CENTER – 1<sup>ST</sup> FLOOR

If your test is in the morning, take your heart or blood pressure medication with a small amount of water one hour before your test.

If your test is in the afternoon, take your medications at your usual time in the morning.

**Blood thinners:**  
Stop Coumadin/Plavix \_\_\_\_\_ days prior to exam (usually 4 - 5 days).  
Stop Aspirin / NSAIDS: \_\_\_\_\_ days prior to exam (usually 5 – 7 days).

Stop Fish Oil/Flax seed oil three (3) days prior to exam.

**Oral diabetic medications:**  
Day before exam: Hold evening dose.  
Day of exam: Hold morning dose.

**Insulin:** Day before exam: Take ½ of evening dose.  
Day of exam: Hold dose.

**YOU WILL NEED TO HAVE A DRIVER BECAUSE YOU WILL HAVE SEDATION**

- ❖ The time for your procedure and recovery may vary; we will give you an estimated time that you will be here.
- ❖ Please ask your driver to be flexible as to the time to pick you up.
- ❖ If your driver needs to leave, please let us know how we can contact them.
- ❖ We ask that your driver return to the waiting room at the estimated time of recovery or discharge

Bring reading glasses if needed

If you wear dentures, you will be asked to remove them prior to sedation.

**SEE REVERSE SIDE FOR PREP INSTRUCTIONS**

## GOLYTELY/NULYTELY PREP PLANNER

### **Day Prior to Test:** \_\_\_\_\_

- No Solid Food or turbid liquids.
- Start **strict CLEAR LIQUID DIET**
- If you are Diabetic- monitor your blood sugar
  - You may use a can of regular soda (7-Up, etc) if your blood sugar is low.
- Do not drink anything **RED, BLUE or PURPLE**
- Take 2 **DULCOLAX** tablets at \_\_\_\_\_ and at \_\_\_\_\_.
  - Typically 1 hour prior to your doses of Golytely or Nulytely.

### **CLEAR LIQUID DIET**

**IT IS VERY IMPORTANT TO DRINK AS MUCH LIQUID AS POSSIBLE TO PREVENT DEHYDRATION AND TO START THE LAXATIVE THROUGH YOUR COLON.**

Coffee or tea with any sweetner –**NO CREAMER**  
Clear fruit juices-apple, white grape, white cranberry  
Gatorade or other bottled drinks  
Any carbonated soft drink  
Clear broth- chicken, beef or vegetable  
Jello- orange, lemon, lime, pineapple, peach-**with no solids added**  
Water—LOTS of water.

### **MIX THE GOLYTELY:**

- Mix 2 packets of Lemonade flavor Crystal Light powder into the container
- Add water to the fill line and mix thoroughly
- Chill in the refrigerator for several hours

**AT** \_\_\_\_\_ **ON** \_\_\_\_\_

**Drink ½ of the container of GOLYTELY. Drink 8 oz every 10 minutes.**  
**(This is typically 16 hours prior to your arrival time for your procedure.)**  
Bowel movements should start within 1-2 hours.

### **DAY OF TEST:**

**AT** \_\_\_\_\_ **ON** \_\_\_\_\_

**Drink the remainder of the container of GOLYTELY.**  
**(This is typically 4 – 6 hours prior to your arrival time for your procedure.)**  
Bowel movements should continue until clear yellow.

### **DO NOT DRINK OR EAT AFTER YOU FINISH WITH THE GOLYTELY**

You may chew gum or suck on hard candy for a dry mouth.