

1331 W. Ave. J, Ste. 202
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GASTRO CARE INSTITUTE

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Colonoscopy Prep Instructions

GoLYTELY®

**** There will be instructions on the Prescription box that you get from the pharmacy, please DO NOT use those instructions. Please use these instructions that we provide to you. ****

7 Days Prior To The Exam (Unless Otherwise Instructed) Stop Taking The Following:

Ticlid ~ Plavix ~ Aggrenox ~ Effient

5 Days Prior To The Exam (Unless Otherwise Instructed) Stop Taking The Following:

Coumadin ~ Iron Supplements ~ Metamucil/Other Fiber Supplements ~ Products That Contain Olestra

2 Days Prior To The Exam (Unless Otherwise Instructed) Stop Taking The Following:

Pradaxa (Debigatran Etexilate) ~ Xarelto ~ Eliquis

**** If you forget to discontinue any of these medications, please call our office Monday-Friday from the hours of 8:00 a.m.-12:00 p.m., 1:00 p.m.-5:00 p.m or let the nurse know when you arrive for your procedure. It is not necessary to call after normal business hours ****

****If You Are Diabetic****

- Take ½ of your usual dose of diabetic medication or insulin in the morning on the day prior to the exam (your prep day).
- Do not take your evening dose of diabetic medication or insulin on the day prior to the exam.
- Do not take any diabetic medication or insulin on the morning of your exam.
- If you usually do accucheck readings at home, please do one in the morning prior to coming to your appointment on the day of your exam.

The Day Prior To Your Procedure:

- Drink only clear liquids the entire day. Your preparation will work better if you drink extra fluids all day, so drink fluids starting first thing in the morning. *(Note: If you are on fluid restrictions, please let us know).*
- Drink an 8 ounce glass every hour at minimum *(It is important that you drink plenty of liquids to ensure that the laxative will work).*

Night Before Your Procedure: Date: _____

Take A Dose Of Miralax In The Evening To Ensure A Good Prep. It should not give you diarrhea or interfere with your daily activities. *(You can get Miralax from your local drug store or obtain a complimentary packet from our office at 1331 W. Ave. J, Ste. 202, Lancaster, CA 93534).*

Things You May Have:

Apple Juice ~ White Grape Juice ~ Clear Broth ~ Boullion ~ Jello ~ Popsicles ~ Water ~ Black Coffee ~ Tea ~ Hi-C ~ Gatorade ~ Lemonade ~ Iced Tea ~ Soda ~ Kool-Aid

Things You May Not Have:

Solid Foods ~ Juices With Pulp ~ Alcoholic Beverages ~ Milk ~ Milk Products ~ Caffeine (Limit 3 Per Day) ~ Items That Are Red Or Purple

1. Continue To Drink Clear Liquids Until _____.
2. You May Take Your Heart And Blood Pressure Medications (*Take At Least 2 Hours After The Laxative Dose*)
3. If You Use Inhalers, Please Bring Them With You
4. You Must Have A Driver Due To Sedation You Will Receive. You Will Not Be Able To Drive Or Work Until The Next Day
5. Wear Loose Comfortable Clothes, You May Feel Bloating After The Procedure

Date Of Procedure _____ Arrival Time _____

**** The time that we give you is the ARRIVAL time, the procedure will be roughly one hour after you arrive ****

**** Plan To Be Here Half The Day ****

Procedure Location: 1753 W. Ave. J, Ste. A, Lancaster, CA 93534

Follow Up Office Visit: _____

If you have any questions or concerns, please call our office at 661-529-7550.

Office hours are Monday-Friday from 8:00 a.m.-12:00 p.m., 1:00 p.m.-5:00 p.m. with phones answered 24 hours per day for emergencies.

Or you may visit our patient portal website at **Gastrocareinst.mygportal.com**

Please notify your insurance carrier of your upcoming outpatient procedure so you are aware of your benefits



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