

Colonoscopy Preparation Planner - Golytely

Name: _____


Appointment Date: _____

Check-in Time: _____




MD: _____

Phone: 509-248-6616

Location: 402 South 12th Avenue
 Yakima Valley Memorial Hospital
 Yakima Regional Medical Center

 **Please remember to arrange for someone to drive you home***. You will be sedated and if you do not have a ride home, we will have to cancel your procedure.**

Checklist preparation schedule below for the five days preceding your Colonoscopy

5 Days Prior Date: _____	4 Days Prior Date: _____	3 Days Prior Date: _____	2 Days Prior Date: _____	1 Day Prior Date: _____	Procedure Day Date: _____
<input checked="" type="checkbox"/> Arrange a ride <input checked="" type="checkbox"/> Insurance: Please contact your insurance carrier in advance to verify your co-pay and/or private pay responsibility for your procedure. We will expect your co-pay and/or private pay amount due when you check in. <input checked="" type="checkbox"/> Go to pharmacy to pick up Golytely <input checked="" type="checkbox"/> If taking <i>Coumadin</i> , you will need to stop taking Coumadin 3-5 days prior to procedure <input checked="" type="checkbox"/> Stop taking iron, aspirin, over the counter pain medication Now . You may take Tylenol/ Tylenol products	<input checked="" type="checkbox"/> Last Chance to cancel appointment, for non-medical reasons, or you may be charged a NO SHOW fee of \$75.00 <input checked="" type="checkbox"/> If you are Diabetic and on Insulin please check with your prescribing physician regarding modifying your Insulin dose the day of your procedure. <p>***A responsible adult must escort you home even if you are taking a bus or taxi.</p>	<input checked="" type="checkbox"/> Review dietary needs listed for the next 2 days. <input checked="" type="checkbox"/> Plan meals/diet accordingly <input checked="" type="checkbox"/> Confirm your ride	<input checked="" type="checkbox"/> Drink at least 8 glasses of water throughout the day:  <input checked="" type="checkbox"/> Eat well-balanced meals with the following exceptions: <input checked="" type="checkbox"/> No raw fruits or vegetables <input checked="" type="checkbox"/> No whole wheat, high fiber breads and cereals <input checked="" type="checkbox"/> No nuts or popcorn <input checked="" type="checkbox"/> No liquids with red or purple artificial dyes <input checked="" type="checkbox"/> No solid food or milk products after midnight	<input checked="" type="checkbox"/> Drink at least 8 glasses of water throughout the day:  <input checked="" type="checkbox"/> Start strict *clear liquid diet <input checked="" type="checkbox"/> At 2 p.m. take the Dulcolax tabs. (This is taken one hour before starting the Golytely) <input checked="" type="checkbox"/> 3 p.m. add water to contents of Golytely container (mix well) Begin drinking one glass of Golytely every 15 minutes until 3 quarts (3/4 of container) are consumed.** <input checked="" type="checkbox"/> May drink clear liquids until bedtime. <input checked="" type="checkbox"/> It is common to have a sensation of bloating and nausea with the preparation. If these symptoms are severe, or you develop vomiting, please stop the preparation for 1-2 hours and then slowly resume. If you continue to have difficulties, then stop the preparation and resume in the morning at least 3 hours before your procedure. If you have additional questions please call the gastroenterologist on call at 248-2970 after 5:00 p.m.	<input checked="" type="checkbox"/> Early in the morning, take your usual prescribed medications with sips of water <input checked="" type="checkbox"/> Take 4th quart of Golytely 4 hours before procedure time <input checked="" type="checkbox"/> Clear liquids* allowed up till 4 hours prior to procedure <input checked="" type="checkbox"/> Be sure to bring: <ul style="list-style-type: none"> <input checked="" type="checkbox"/> Ride <input checked="" type="checkbox"/> Insurance Card <input checked="" type="checkbox"/> Copay/Private Pay <input checked="" type="checkbox"/> Leave money and other valuables at home <input checked="" type="checkbox"/> Allow 2-4 hours in our department 
			No bulking agents (Metamucil, Fibercon, bran) _____ →		
No Ibuprofen (Motrin, Advil) _____ →			_____ →		
No arthritis medications (Naprosyn, Feldene) _____ →			_____ →		

*CLEAR LIQUID SUGGESTIONS: Strained fruit juices without pulp (apple, white grape, lemonade); water; clear broth (bouillon or consomme, any flavor); black coffee or tea; Gatorade; fruit flavored drinks; Jell-O; Popsicles

**Mild side effects may occur, but should go away rapidly. These include bloating, nausea, cramping. Remember to stay near a toilet.