

# General Surgery at Northpointe

Dr. Gail Strindberg  
Damien Lehman, NP

Northpointe Surgical Center  
2326 N 400 E Bld C Ste 100  
Tooele, Ut  
(435)-843-0180

Mountain West Medical Center  
2055 N Main St  
Tooele, Ut  
(435)-843-3600

## PATIENT INSTRUCTIONS FOR COLONOSCOPY

Procedure Date: \_\_\_\_\_

PHYSICIAN: Gail Strindberg, MD

Call (435) 882-8111 to cancel if needed

### **Day Before Procedure:**

Drink only **Clear Liquids** for breakfast, lunch and dinner. **NO SOLID FOODS.**

In the morning mix the container of Golytely/Trilyte as instructed on the bottle. Empty one of the flavor packets into the container then fill with 4 liters of lukewarm water to the top line of the bottle. Place in the refrigerator to chill.

In the evening begin your prep at 6PM. Drink HALF of the container (2 liters) by drinking 8oz. every 10 minutes. Rapid drinking of the solution is better than drinking small amounts continually. Hydration is very important. The more clear liquids you drink the better your prep will be. Continue to drink clear liquids until bedtime.

### **Morning of the Procedure:**

Drink the 2<sup>nd</sup> half (2 liters) of Golytely 5-6 hours before procedure (for example if your procedure is at 9 AM start drinking the Golytely at 3-4 AM). Every 10 minutes drink 8 oz. of solution until the container of Golytely is empty. **DO NOT drink any liquids 3 hours before your procedure.**

**Clear Liquids Allowed:** Anything that you can see through, such as water, clear fruit juices (apple and white grape); any flavor bouillon; of jello; clear soft drinks; Gatorade or Powerade. **NO SOLID FOODS OR MILK PRODUCTS. Avoid RED colored liquids.**

You will receive IV sedation and MUST have someone to drive you home!

**YOU MAY STAY ON YOUR ASPIRIN!! Ask about other blood thinners! Such as Plavix/Clopidogrel. Some of them you may need to stop 5 days before.**

## **Clear Liquids you may have the day before your test:**

- Water
- Ice
- Coffee or Tea (No Creamer or Milk)
- Soft Drinks (Orange, Ginger ale, Coke, Sprite, 7Up)
- Sports Drinks (Orange or lemonade, nothing red or purple)
- Kool Aid (Orange or Lemonade, nothing red or purple)
- Strained Fruit Juice, Pulp Free (Apple juice, white grape, white cranberry, lemonade)
- Low Salt chicken or Beef Broth (Clear broth or Bouillon)
- Hard Candies (No red or purple)
- Jello (Lemon, lime, orange, No red or purple)
- Popsicles and Italian ice (No ice cream, Sherbet, or fruit bars)
- Crystal Light (nothing RED or PURPLE).

## **Items not allowed the day before your test:**

- **NO Alcoholic Beverages**
- **NOTHING Red or Purple**
- **No Solid Foods**