

General Surgery at Northpointe

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Northpointe Surgical Center
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Tooele, UT 84074
(435) 843-0180

Mountain West Medical Center
2055 N Main St
Tooele, UT 84074
(435) 843-3600

PATIENT INSTRUCTIONS FOR COLONOSCOPY

Procedure Date: _____

PHYSICIAN: Gail Strindberg, MD

If you need to reschedule or cancel, please contact our office as soon as possible.

THE FACILITY WILL CALL YOU THE AFTERNOON BEFORE YOUR SCHEDULED PROCEDURE WITH YOUR TIME

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 of the bottle. Place in 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 2nd half (2 liters) of the Golytely 5-6 hours before procedure (for example, if your procedure is at 9am start drinking the Golytely at 3-4 am). Every 10 minutes drink 8oz of solution until the container of Golytely is empty. DO NOT drink any liquids 3 hours before your procedure.

Clear Liquids Allowed:

Anything 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.

We recommend flushable wipes and Vaseline in place of toilet paper. To avoid becoming too raw.

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 your procedure.

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**)
- Jell-O (Lemon, Lime & Orange, **NOTHING 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

DAY OF PROCEDURE:

NOTHING

Please note:

If you need to take any medications the morning of the procedure, it is recommended to take them with ONLY 2 Tablespoons or less of WATER.

Any Questions, please call our office (435)882-8111