

Patient Name: \_\_\_\_\_ Date/Time of Procedure: \_\_\_\_\_ Check In Time: \_\_\_\_\_

- You will be receiving 3 phone calls from the QMC.
  1. Clinic PPA to remind you of your procedure and to answer any questions.
  2. West Endoscopy RN to perform a phone assessment and review pre-procedural instructions.
  3. Pre-registration will call to confirm pertinent information including insurance and current address.

**CHECK IN LOCATION:**

Queens Medical Center – West O’ahu, 1<sup>st</sup> Floor, Admitting Department. Phone: 691-3121

**Instructions for Bowel Preparation with GoLyteLy**

Bowel preparation (cleansing) is needed to perform an effective colonoscopy. Any stool remaining in the colon can hide lesions and result in the need to repeat the colonoscopy. It is crucial that you follow the instructions to prepare your colon for the examination.

Obtain bowel prep (GoLyteLy) from your pharmacy within the next 5 days but do not mix it. Once the solution is mixed, it is only good for 48 hours, so let the pharmacist know the date of your procedure, or you may also pick up the solution in a powder form and mix it yourself. If you choose to mix it yourself, ask the pharmacist for instructions.

**SEVEN (7) DAYS PRIOR TO YOUR COLONOSCOPY (Date: )::**

Please call 691-3025 or 691-3293 to schedule for a COVID test. Hours of operations are Monday-Friday from 8:00am-4:30pm. Please provide your name, date of birth, and date of your procedure. If you get a message recording, please leave a detailed message with your name and best contact number.

You are required to have a **NEGATIVE COVID** test result prior to your procedure date, even if you have been vaccinated. This is to keep all patients safe. If your COVID test is not completed, your procedure will be rescheduled.

**FIVE (5) DAYS PRIOR TO YOUR COLONOSCOPY (Date: )::**

Call 691-4960 to pre-register for your procedure. Pre-registration hours of operation Monday-Friday 8:00am-5:00pm, Saturday 8:00am-12:00pm, Sunday-Closed

**THREE (3) DAYS PRIOR TO YOUR COLONOSCOPY (Date: )::**

Read through your preparation instructions.  
 STOP taking any Aspirin or Aspirin containing medication. If you are taking prescribed blood thinners (such as Coumadin or Plavix) or medication for diabetes, please consult with your primary care physician for special instructions regarding when to stop these medications or for adjustment of the dosages prior to your colonoscopy procedure. After the procedure, the doctor will tell you when you can restart these medications

**TWO (2) DAYS PRIOR TO YOUR COLONOSCOPY (Date: )::**

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1. To decrease the amount of residue from food in the bowel before a colonoscopy, avoid foods that contain high amounts of fiber and roughage two days before your colonoscopy. The following are examples of foods to avoid:
  - a. Grains – Whole Grains, Crackers, Cereals, Corn, in any form, including Popcorn, Brown or Wild Rice
  - b. Vegetables – Raw, especially cruciferous (green leafy vegetables)
  - c. Fruit – Raw or Dried (i.e., Raisins, Berries, Prunes, and Prune Juice)
  - d. Nuts & Seeds
  - e. Meats
2. Arrange for someone to drive you home after the procedure. You will be drowsy from the sedation medication you receive during the procedure. It is required that you do not drive, operate machinery, or sign important papers for the remainder of the day. You should also not plan to return to work the day of your procedure.
3. If you need to cancel or reschedule your procedure, please call us at **(808) 691-3150** as soon as possible.

#### **THE DAY PRIOR TO YOUR COLONOSCOPY (Date: ):**

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1. **DO NOT** eat solid foods. If you have not already done so, mix GoLyteLy according to the package instructions and refrigerate in the morning.
2. **START** a strict clear liquid diet. It is important to stay hydrated, drink at least 8 ounces of liquid every hour.
  - a. As a general rule of thumb, if you put liquid in a clear glass and you can see through it, it is considered a clear liquid. Examples include, Water, Gatorade, Saimin Broth, Jell-O, Apple Juice, White Grape Juice, popsicles, and tea
  - b. The following are NOT considered clear liquids: milk, cream, orange juice, and guava juice.
  - c. **DO NOT** drink anything red, purple, or blue in color as these colors can mimic blood in the colon.
3. Take your regular prescribed medications as normal, except for any blood thinners.
  - a. If you are taking diabetic medications, follow your primary care physicians' instructions on how to take them prior to your colonoscopy procedure.
4. At 6:00 PM, Drink 2 liters, or about half, of the GoLyteLy solution. You can add Crystal light lemonade or peach iced tea to flavor.
  - a. Bloating, nausea, and occasional vomiting may occur. Do not be alarmed. If you feel nauseated or vomit while taking the bowel preparation, wait 30 minutes before drinking more fluid and start with small sips of solution. Note: Individual responses to the bowel preparation medication may vary. The solution should cause multiple bowel movements, but may take several hours to work.

#### **THE DAY OF YOUR COLONOSCOPY (Date: ):**

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1. **Six (6) hours prior to procedure time, at** , drink the remaining 2 liters of the GoLyteLy solution.
2. Take your morning blood pressure, heart, and/or seizure medications with a small sip of water right when you wake up. You may bring along your diabetes medications but do not take them prior to the procedure. **DO NOT EAT OR DRINK ANYTHING ELSE.**
3. **STOP** drinking all liquids 4 hours prior to your procedure time. Failure to do so may delay your procedure time. By the time you check in, you should be expelling only clear liquids from your colon. Please inform your nurse if you are experiencing otherwise.
4. Check in as instructed above. It is important to check in on time in order to get you prepared appropriately for your procedure. If you are running late, we kindly ask that you call to inform us.
5. Plan to be at the hospital for about 4 hours after checking in. And remember, you must have someone take you home after the procedure.

#### **AFTER YOUR PROCEDURE:**

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1. You will rest in the recovery area 30-60 minutes prior to being discharged home. You may experience some discomfort such as such as abdominal cramping and distention. The air used to inflate your colon during the procedure causes these symptoms. These symptoms usually self-resolve. You will be encouraged to expel air.
2. The nurse will review your discharge instructions with you regarding your diet, activity, when to contact your doctor, and any special instructions.
3. The recovery staff will call your ride to pick you up 15-30 minutes before you are ready to be discharged.

## **WHEN YOU GO HOME:**

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- 1.** Do not make important or legal decision, operate machinery, or do anything that requires you to be alert for the next 24 hours. The sedation medications you're received during the procedure may cause forgetfulness and cloud your judgment.
- 2.** No drinking alcohol or driving for 24 hours.
- 3.** Rest, no strenuous activities for the rest of the day.
- 4.** Drink frequent glasses of liquids throughout the day to rehydrate.
- 5.** You may eat. It is advised to start with a light meal. Spicy, fried, or greasy foods are highly discouraged.
- 6.** Irritation of the vein where the medication was injected may cause a tender lump. This will eventually go away. Apply a heat pack or a warm moist towel to help relieve discomfort. If symptoms continue, notify your doctor.

**If you have any questions regarding these instructions, please call our office at 691-3150**