

SANTA BARBARA GASTROENTEROLOGY CONSULTANTS COLONOSCOPY PREPARATION SHEET: GOLYTELY/DULCOLAX

Patient Name: _____

- Facility: Santa Barbara Endoscopy Center
 Cottage Hospital
 Santa Ynez Cottage Hospital

Procedure Date: _____ Check In Time: _____

5 Days Prior	4 Days Prior	3 Days Prior	2 Days Prior	One Day Prior	Colonoscopy Day
<input type="checkbox"/> Arrange for a ride to and from Facility <input type="checkbox"/> Go to pharmacy with your prescription for Golytely and Dulcolax tablet <input type="checkbox"/> Stop taking Coumadin or Plavix. Follow the instructions of your physician if alternative blood thinners are needed <div style="border: 1px solid red; padding: 5px; margin-top: 10px; text-align: center;"> No Coumadin or Plavix </div>	<input type="checkbox"/> Last chance to cancel the procedure without a cancellation fee <input type="checkbox"/> For Co-payment questions call Santa Barbara Endoscopy Center billing at 855-215-4614 or Cottage Hospital at 805-682-7111 ext. 53688	<input type="checkbox"/> Review diet instructions for the coming 3 days. Plan meals and shop to comply with instructions <input type="checkbox"/> Confirm your ride to and from facility <input type="checkbox"/> Start patient questionnaire. Any questions regarding the questionnaire can be discussed with the nurse during admission <input type="checkbox"/> Stop any fiber supplements	<input type="checkbox"/> Drink AT LEAST 8 glasses of water or clear liquid during the day <input type="checkbox"/> Eat well balanced meals BUT AVOID: - Raw fruits - Raw vegetables - Nuts or popcorn - Foods with small seeds such as tomato, sesame or melon seeds <input type="checkbox"/> No solid food after midnight <input type="checkbox"/> Stop taking Eliquis, Pradaxa, or Xarelto after the morning dose (48 hours prior to procedure).	<input type="checkbox"/> Drink at least 8 glasses of water or clear liquid during the day <input type="checkbox"/> Follow a strict clear diet ALL DAY <input type="checkbox"/> Take 1 Dulcolax 5 mg tablet at 12 noon. Mix 4 liters of water with Golytely and set aside <input type="checkbox"/> After bowel movement occurs (or no later than 6pm), drink 8 oz glass of Golytely every 15 minutes until four 8 oz glasses have been ingested <input type="checkbox"/> If no bowel movement occurs in 4 hours, continue to drink 8 oz glass of Golytely every 15 minutes until four 8 oz glasses have been ingested or BM occurs <input type="checkbox"/> Verify that patient questionnaire is completed <input type="checkbox"/> Do not schedule any important activities on the day of procedure <input type="checkbox"/> You may not drive or go home unaccompanied in a taxi	<input type="checkbox"/> Beginning 4 hours before your colonoscopy, drink Golytely – 8 ounce glass every 15 minutes until four 8 oz glasses have been ingested <input type="checkbox"/> After the last dose of the Golytely, do not eat or drink anything <input type="checkbox"/> You may take regular prescriptions with small sips of water (but no blood thinners) <input type="checkbox"/> If you take insulin shots, follow the instructions for lowered dose you were given for procedure day <input type="checkbox"/> Be sure to bring: <ul style="list-style-type: none"> • Insurance card or Medicare card • Identification (CA driver's license, or ID card) • Cash, check or credit card (Visa or Master Card) for co-payment and/or deductible payment. (For co-payments or deductible amount, please contact Santa Barbara Endoscopy Center billing at 855-215-4614 or the Cottage Health System Admitting Department at (805) 682-7111 ext. 53688) <input type="checkbox"/> Allow 2-4 hours at the cottage facility or 90 minutes at SBEC
Consider stopping all casual (not Dr. recommended) Aspirin or NSAIDS-no ibuprofen, Advil, Aleve, Naprosyn, Excedrin---only Tylenol is okay					

**SANTA BARBARA
GASTROENTEROLOGY CONSULTANTS
MEDICAL GROUP**

Notes and Suggestions

- “Clear fluids” means liquids that you can hold up to the light and see through.** Examples: Juices without pulp, sodas, coffee, tea, Jell-O, broth, Gatorade and similar sports drinks. **NO RED OR PURPLE**
- Use the Golytely preparation solution as per the written directions on the other side of this form
- Diarrhea will occur during the preparation. Stay at home near the bathroom
- Irritation at the anal canal may occur. Vaseline applied to the skin around the anus may protect from burning later during the prep.
- YOU MAY NOT DRIVE HOME AFTER THE PROCEDURE.*** *You are advised not to drive the entire day.* A responsible adult must accompany you home, even if you are taking a taxi or bus. Your procedure will be canceled if you have not made appropriate arrangements
- Post Procedure instructions will be given to you at the facility when you are discharged

Directions for Facilities

- Santa Barbara Endoscopy Center** is at 25 W. Micheltorena St, Santa Barbara, CA 93101. Parking is available on the street (90 minute limit after 9 AM) or in designated spaces behind the building.
- Santa Barbara Cottage Hospital** admitting office is in the lobby **LOCATED ON THE ENTRANCE OFF THE CORNER OF PUEBLO AND BATH STREETS.** If your procedure is at Cottage, you must register for the *GI Lab* at the admitting office. Again the entrance is located on Bath St. Allow adequate
- Santa Ynez Cottage Hospital** registration is directly inside the main entrance.