

**SANTA BARBARA
GASTROENTEROLOGY CONSULTANTS
MEDICAL GROUP**

Name: _____

Facility: Santa Barbara Endoscopy Center

Santa Barbara Cottage Hospital

Santa Ynez Cottage Hospital

Procedure Date: _____

Check In Time: _____

COLONOSCOPY PREPARATION SHEET: GOLYTELY/ DULCOLAX

| 5 Days Prior | 4 Days Prior | 3 Days Prior | 2 Days Prior | One Day Prior | Colonoscopy Day |
|---|---|--|--|--|---|
| <ul style="list-style-type: none"> <input type="checkbox"/> Arrange a ride <input type="checkbox"/> Go to your pharmacy with the prescription for Golytely and Dulcolax tablet <input type="checkbox"/> Stop taking Coumadin or Plavix. Follow instructions of your physician if alternative blood thinners are needed | <ul style="list-style-type: none"> <input type="checkbox"/> Last chance to cancel the procedure appointment without a LATE CANCEL charge | <ul style="list-style-type: none"> <input type="checkbox"/> Review diet instructions for the coming 3 days. Plan meals and shopping to comply with instructions <input type="checkbox"/> Confirm your ride <input type="checkbox"/> Start patient questionnaire. Any questions regarding the questionnaire can be discussed with the nurse at check-in <input type="checkbox"/> Stop any fiber supplements | <ul style="list-style-type: none"> <input type="checkbox"/> Drink AT LEAST 8 glasses of water or liquid during the day <input type="checkbox"/> Eat well balanced meals BUT AVOID: <ul style="list-style-type: none"> - 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 | <ul style="list-style-type: none"> <input type="checkbox"/> Drink AT LEAST 8 glasses of water or liquid during the day <input type="checkbox"/> Follow a strict clear liquid diet ALL DAY <input type="checkbox"/> Take 1 Dulcolax 5 mg tablet at 12 noon <input type="checkbox"/> After bowel movement occurs (or no later than 5pm), drink 8 oz. glass of Golytely every 15 minutes until four glasses have been ingested <input type="checkbox"/> If no BM occurs by 8 pm, continue drinking one 8 oz. glass of Golytely every 15 minutes until you have had a BM or until 8 glasses have been ingested <input type="checkbox"/> Verify that patient questionnaire is completed <input type="checkbox"/> Do not schedule any important activities on the day of procedure. | <ul style="list-style-type: none"> <input type="checkbox"/> Beginning at 4 hours before your colonoscopy, drink Golytely—8 ounce glass every 15 minutes until four glasses have been ingested <input type="checkbox"/> After the last dose of Golytely, do not eat or drink anything. You may resume your normal diet after the procedure. <input type="checkbox"/> You will have extra Golytely in the 4 liter container after bowel prep is completed <input type="checkbox"/> You may take your regular prescriptions with small sips of water <input type="checkbox"/> If you take insulin shots, follow the instructions you were given for procedure day <input type="checkbox"/> Be sure to bring: <ul style="list-style-type: none"> - PHOTO ID - A ride home - Insurance Card - Completed patient questionnaire <input type="checkbox"/> Leave money and valuables at home <input type="checkbox"/> Allow 2-4 hours at the Cottage facility or 90 minutes at SBEC |
| <p>No Coumadin or Plavix</p> | <p>Consider stopping all casual (not Dr. recommended) Aspirin or NSAIDS-no ibuprofen, Advil, Aleve, naproxen, Excedrin---only Tylenol</p> | | | | |

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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 main lobby of the hospital. If your procedure is at Cottage, you must register for the *GI Lab* at the admitting office. The entrance is located on Bath St. Allow adequate time.
- Santa Ynez Cottage Hospital** registration is directly inside the main entrance.