

MGI Michiana Gastroenterology Inc.

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www.michianagastro.com

Colonoscopy Instructions with GOLYTELY/NULYTELY/TRILYTE

*****Please be aware, there could be multiple separate charges for this procedure. One charge for the Facility and one for the Doctor. Possible charges for anesthesia and pathology.*****

Patient: _____ Dr. _____

Date: ____/____/____ Arrival Time: _____ am/pm Procedure Time: _____ am/pm

____ Michiana Endoscopy Center
53830 Generations Drive
South Bend, IN 46635

____ Plymouth-SJRM
Register at Surgery Ctr.
Building 5

____ Memorial Hospital
Main Entrance
Patient Registration

____ Mishawaka - SJRM
Main Entrance
Patient Registration

____ LaPorte Surgical Center
900 I Street
LaPorte, IN 46350

Do these things 7 days before your procedure:

- ☒ Stop iron medication and iron supplements.
- ☒ If you take Effient, check with the doctor who ordered it to see if you can stop taking it 7 days prior to the procedure.

Do these things 4 days before your procedure:

- ☒ Arrange to have someone drive you home. You will receive medicine to keep you relaxed during your procedure, so you cannot drive home or take a cab home alone.
- ☒ Stop taking aspirin. It is okay to take Tylenol (Acetaminophen).
- ☒ If you take Coumadin or any other blood thinner other than Plavix, check with the doctor who ordered it to see if you can stop taking it for the 4 days before the procedure.
- ☒ If you take insulin call the doctor who ordered it for any adjustments you need to make the day of prep and the procedure day. We do not want your blood sugar to be too low.

Do these things 1 day before your procedure (Prep Day):

- ☒ **DO NOT EAT ANY SOLID FOOD TODAY**
- ☒ **You may only have clear liquids all day and night. NO RED OR PURPLE.** Clear liquids are: tea or coffee (no milk or creamer), broth, apple juice, white cranberry juice, 7 up, ginger ale and water. You may also have Gatorade, popsicles and Jell-O, just remember no red or purple.
- ☒ Do not drink alcohol.
- ☒ Start drinking your prep according to your doctor's instructions, which are located on the back of this page.
 - Note: Some people say taking sips of broth or sucking on a lime in between glasses of prep help to clear the taste.
 - If you feel too full, drink the prep every 30 minutes.
- ☒ Keep drinking clear liquids for the rest of the day. This will help the prep work better for you.
- ☒ The prep you are drinking will make you go to the bathroom many times. This is needed so your colon will be cleaned out for the procedure.
- ☒ You may use Vaseline, any diaper rash cream or baby wipes, etc...on your bottom. This will help it not get so sore.

Do these things on the day of your procedure:

- ☒ **DO NOT EAT ANY SOLID FOOD**
- ☒ You may continue drinking clear liquids, but **stop drinking 3 hours before your procedure.**
- ☒ Take your usual morning pills except for Coumadin and Aspirin 3 hours before your procedure time.
- ☒ **DO NOT** take your diabetic pill(s). If you usually check your blood sugar, check it this morning.
- ☒ Bring the person who is driving you home with you to the Endoscopy Center.
- ☒ Your arrival time to your discharge time is about 2 ½ hours.
- ☒ Bring insurance card, photo id and all medications to your appointment.

OVER ➡

Day Before Procedure
Follow printed instructions on this sheet not the colon prep packaging

1. Upon waking, immediately take the four (4) Dulcolax Tablets all at once with 8 ounces of clear liquid.
2. **Do not eat any solid food today.** It is important to drink at least eight (8) glasses of clear liquids throughout the day.
3. In the morning, add lukewarm water to the top line on the container. Mix it to dissolve the powder. It is sometimes easier to drink the prep through a straw and/or chilled. If you choose you may put the container in the refrigerator to chill.
4. **12:00 PM** begin drinking Golytely/Nulytely/Trilyte Prep (you may start earlier).
You will be drinking the entire container of the Golytely/Nulytely/Trilyte Prep today. Drink 1(8 oz) glass of the mixture every 15 minutes.
5. The prep could take effect in 20 minutes, so stay close to the bathroom.

Day of Procedure

1. If you awaken with solid stool, please call (574) 271-0893.
2. **DO NOT EAT ANY SOLID FOOD until after your procedure.**
3. Drinking clear liquids is encouraged to prevent dehydration.
1. **DO NOT DRINK OR TAKE MEDICATIONS FOR 3 HOURS BEFORE YOUR PROCEDURE!!**

Phone Numbers if there are questions:

Michiana Gastroenterology, Inc.	(574) 234-0049	
Hours of operation	Monday, Tuesday and Thursday 8:00am – 5:00pm	
	Wednesday & Friday 8:00am – 1:30pm	
Michiana Endoscopy Center	(574) 271-0893 or 1-866-669-8743 (toll free)	
Hours of operation	Monday – Thursday 5:45am – 5:00 pm	
	Friday 5:45am – 4:00pm	
St. Joseph Regional Medical Center	(574) 335-5000	8am – 4pm
Memorial Hospital	(574) 647-6700	8am – 4pm
LaPorte Surgical Center	(219) 324-1670	
Plymouth Hospital	(574) 948-4000	

If you need to cancel, reschedule or have questions regarding the prep, please call the office at 574-234-0049.

IN CASE OF AN EMERGENCY, GO TO THE HOSPITAL EMERGENCY ROOM!