



**Read this document 7 days prior to your appointment.**

You are scheduled to receive a  
Colonoscopy Exam.

Please read all of the following  
information carefully so that  
you can be adequately  
prepared for this procedure.

Do not hesitate to contact  
your doctor or call (858) 939-  
6531 with any questions or  
concerns.

**Your Appointment Information:**

**Date:** \_\_\_\_\_

**\*Arrival Time:** \_\_\_\_\_

**Appointment Time:** \_\_\_\_\_

**Physician:** \_\_\_\_\_

**Sharp Rees-Stealy San Diego  
Department of Gastroenterology**

*Please be aware that cancellation of your procedure within 5 business days of your scheduled appointment time will be subject to a \$100 cancellation fee.*

## **WHAT IS A COLONOSCOPY?**

A colonoscopy is a visual exam of the lining of the rectum and the colon with a flexible fiber-optic endoscope (lighted instrument). An intravenous line – or “IV” – will be placed in your arm to deliver fluids and sedation medications during the procedure for your comfort. You will also be attached to a monitor to check your blood pressure, heart rate and breathing throughout the duration of the procedure for your safety and care.

We want your colonoscopy exam to be as comfortable and successful as possible and your attention and adherence to these guidelines is vital to this success.

**Excellent bowel preparation is crucial for an effective colonoscopy. It is imperative that you read this entire information packet and follow all of the instructions without skipping or altering any of the steps.**

Complications are possible during this procedure, but rarely occur. These complications can include bleeding, drug reactions, breathing difficulty or injury to the lining of the colon.

## HOW TO PREPARE FOR YOUR COLONOSCOPY

**DO NOT EAT NUTS, SEEDS, CORN, OR EXTRA FIBER FOR 7 DAYS PRIOR TO YOUR COLONOSCOPY.**

**YOU MAY CONSUME ONLY A CLEAR LIQUID DIET THE ENTIRE DAY PRIOR TO YOUR PROCEDURE. (see section below). DO NOT EAT ANY SOLID FOOD THE DAY OF THE PROCEDURE, DO NOT DRINK ANY LIQUIDS 3 HOURS PRIOR TO THE PROCEDURE.**

**5 DAYS PRIOR TO YOUR PROCEDURE, REVIEW YOUR MEDICATIONS TO SEE IF ANY NEED TO BE HELD PRIOR TO THE APPOINTMENT.**

**PLEASE CALL US IF THE PREP IS NOT WORKING OR YOU ARE NOT TOLERATING IT DUE TO SEVERE PAIN, OR NAUSEA/VOMITING. 858-939-6531**

**Purchase preparation materials at a pharmacy prior to your preparation period.**

- **GoLytely or its generic equivalent** will be prescribed by your doctor to cleanse the colon in preparation for your procedure. Detailed instructions on how to self-administer this cleansing solution can be found in this packet. **You must take the entire dosage of this solution as instructed. The “split dosing” method is the most effective method of preparing for your procedure. You should take HALF of the prep 12 hours before the procedure and the remaining HALF portion of the prep 6 hours before your procedure. The goal is to have what’s coming out from your bottom to be clear/transparent.**
- Less effective alternative: If you are unable to get up in the middle of the night to drink the second dose of the two liters, the first dose may be taken between 3 and 5 p.m. the night before your procedure and the second dose may be taken between 8 and 10 p.m. the night before your procedure. Please remember that this is not the most effective method of completing your prep.
- Additional preps are available (including the Osmoprep pill prep, Moviprep, Suprep, and Prepopik), but these would need to be special ordered by your physician. The lower volume preps may not clean the colon adequately and increases the odds of having to repeat the colonoscopy due to lack of cleaning.

☐ **Secure a responsible companion to accompany you to your colonoscopy.**

- To ensure your comfort, IV sedation will be given to you during your colonoscopy. You must secure a responsible companion, family member, or friend to escort you to your procedure, remain on site during your procedure, and to drive you home or to accompany you home via transit services.
- **If you do not have an escort with you upon arrival for your colonoscopy, your procedure will be cancelled for safety reasons. It is very important that you understand because of the medications given during the colonoscopy, you will not be able to drive until the day following your procedure.**
- If you are taking public transportation/Sharp's Shuttle home after your procedure, you will need an accompanying adult age 18 or over to come with you for your procedure. **Your procedure will be cancelled if you do not have an accompanying adult.**

☐ **Consume only a clear liquid diet the day before your procedure (no solid food)**

- Acceptable clear liquids include the following (avoid red- or purple-colored liquids):
  - Strained fruit juices without pulp (such as apple, white grape and lemonade) – *no purple or red varieties*
  - Water
  - Clear broth or bouillon
  - Coffee or tea (without milk, cream or non-dairy creamer)
  - Gatorade/sports drinks – *no purple or red varieties*
  - Carbonated and non-carbonated soft drinks – *no purple or red varieties*
  - Plain Jell-O/gelatin dessert (no added fruit or toppings) – *no purple or red varieties*
  - Popsicles – *no purple or red varieties*

**Your body loses significant amounts of fluid during bowel preparation. In order to prevent dehydration, please drink clear liquids as much as you can starting the day before your procedure and during your preparation.**

**Please make sure to stop drinking all fluids including water 3 hours prior to the colonoscopy.**

If you take prescription medications, talk to your primary care physicians or the prescribing physicians at least one week prior to your colonoscopy.

- Blood thinning medications, anticoagulants or other types of medications that impair blood clotting may need to be temporarily stopped in the week prior to your procedure. However, an **individualized decision will be made by you and your prescribing physician.**
- Below is a list of commonly prescribed medications in this class. **If you take any of these medications, please first seek guidance from your doctor about whether they should or should not be temporarily stopped in preparation for your exam (four days prior to the exam for Coumadin and from 2-7 days prior for other medications.).** If these medications cannot be stopped, alternate arrangements or recommendations can be made with your prescribing physician in advance of your procedure.

<u>Brand Name</u>	<u>Generic name</u>
Warfarin	Coumadin
Aspirin	Aspirin
Plavix	Clopidogrel
Pradaxa	Dabigatran
Effient	Prasugrel
Xarelto	Rivaroxaban
Persantine	Dipyridamole
Ticlid	Ticlopidine
Brilinta	Ticagrelor
Eliquis	Apixaban

- **Do NOT stop taking any medications for high blood pressure, heart rhythm disturbance or seizure/convulsions. These medications should be taken with a small amount of water before 7 a.m. on the morning of the procedure.**
- If you have diabetes and use insulin, take 1/3 of your usual long-acting insulin dose on the morning of the procedure, but do not take any regular insulin. **Please perform a finger-stick test the morning of the procedure, bring the results with you to the procedure, and inform your doctor and/or medical personnel of your condition and the results of your morning finger-stick**

**test.** Please do not take any oral anti-diabetic medication on the morning of the procedure.

- Take all other required medications before 7 a.m. on the morning of the procedure with a small amount of water.

**Mark your calendar for early arrival to your procedure and plan for a visit lasting at least two hours.**

- You will need to **arrive 30 minutes before the scheduled procedure time.** This arrival time is noted on the first page of this packet. Your colonoscopy preparation, procedure, recovery and post-exam consultation will take approximately two hours or longer in total. **Please remember that your companion must remain on site throughout the duration of your visit for your safety.**

**If you have severe kidney problems, please review your preparation with your primary care provider prior to your preparation.**

**If you experience problems during your preparation, please call the office at 858-939-6531.**

## GoLYTELY Colonoscopy Preparation Instructions

Excellent preparation is crucial for an effective colonoscopy. The rectum and colon must be completely empty of stool. Your physician has prescribed GoLYTELY to adequately cleanse the colon in preparation of the colonoscopy procedure. Please follow these GoLYTELY instructions fully and do not hesitate to contact your doctor's office if you have any questions or concerns.

You can create a personalized preparation schedule below by noting the dates and times of each preparation step as related to the scheduled appointment time of your colonoscopy.

These preparations begin seven days prior to your procedure. Remember, failure to follow these directions may result in the rescheduling of your colonoscopy to a later date.

Please note that your body loses significant amounts of fluid during bowel preparation. To prevent dehydration, it is important to supplement that fluid loss with clear liquids (see the list of acceptable clear liquids earlier in this packet). Make a conscious effort to drink clear liquids as much as you can. **However, please remember that you cannot drink or eat anything for 3 hours before your procedure.**

### 7 DAYS PRIOR TO YOUR COLONOSCOPY

DATE \_\_\_\_\_

- Check with your primary care or prescribing physicians about questions on prescription medications
- Stop taking iron pills and aspirin and avoid eating the following foods:
  - Lentils
  - Nuts
  - Trail mix
  - Whole grains
  - Seeds
  - Corn
  - Popcorn

### 4 DAYS PRIOR TO YOUR COLONOSCOPY

DATE \_\_\_\_\_

- Stop taking all non-steroid anti-inflammatory medications, including ibuprofen (e.g., Advil, Motrin), naproxen (Naproxyn) and other arthritis

drugs. During this interval, you may take acetaminophen (e.g., Tylenol) or narcotic pain medications for pain, as needed.

 **2 DAYS PRIOR TO YOUR COLONOSCOPY**

DATE \_\_\_\_\_

- Stop eating the following foods:
  - Green vegetables
  - Fresh fruits

 **1 day PRIOR TO YOUR COLONOSCOPY**

DATE \_\_\_\_\_/TIME \_\_\_\_\_

- Consume **ONLY** clear liquids all day long
- Acceptable clear liquids include the following (avoid red- or purple-colored liquids):
  - Strained fruit juices without pulp (such as apple, white grape and lemonade) – *no purple or red varieties*
  - Water
  - Clear broth or bouillon
  - Coffee or tea (without milk, cream or non-dairy creamer)
  - Gatorade/sports drinks (addition of these electrolyte solutions is recommended) – *no purple or red varieties*
  - Carbonated and non-carbonated soft drinks – *no purple or red varieties*
  - Plain Jell-O/gelatin dessert (no added fruit or toppings) – *no purple or red varieties*
  - Popsicles – *no purple or red varieties*

 **12 HOURS PRIOR TO YOUR COLONOSCOPY**

DATE \_\_\_\_\_/TIME \_\_\_\_\_

**GoLYTELY Dose 1**

Drink two liters of GoLYTELY over a two to three hour time period.

 6 HOURS PRIOR TO YOUR COLONOSCOPY

DATE \_\_\_\_\_/TIME\_\_\_\_\_

**GoLYTELY Dose 2**

Drink two liters of GoLYTELY over a two to three hour time period.

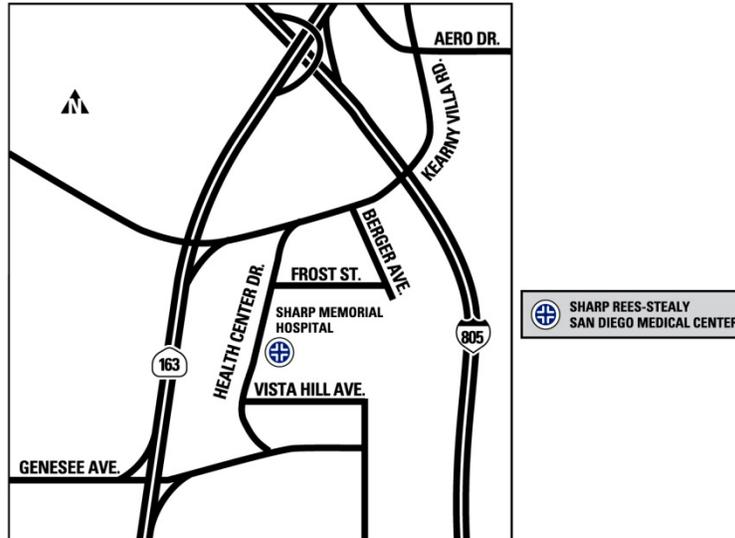
 3 HOURS PRIOR TO YOUR COLONOSCOPY

DATE \_\_\_\_\_/TIME\_\_\_\_\_

**DO NOT TAKE ANYTHING BY MOUTH INCLUDING LIQUIDS/WATER OR SOLIDS FOR THREE (3) HOURS PRIOR TO YOUR PROCEDURE.**

***If you experience problems during your preparation, please call the office at 858-939-6531.***

## Directions to Sharp- Rees Stealy San Diego 2929 Health Center Drive, San Diego, CA, 92123



### Directions to Sharp Rees-Stealy San Diego Medical Center from I-163 traveling south

- Exit Genesee Avenue, turn left/east
- Turn left on Health Center Drive
- Pass Vista Hill Avenue
- The medical center is on the right, just before you get to the parking structure
- Turn right at the entrance to Sharp Rees-Stealy San Diego Medical Center
- Turn right at your first opportunity
- Patient parking is located in the surface lot south of the SRS building

### Directions to Sharp Rees-Stealy Medical Center from I-163 traveling north

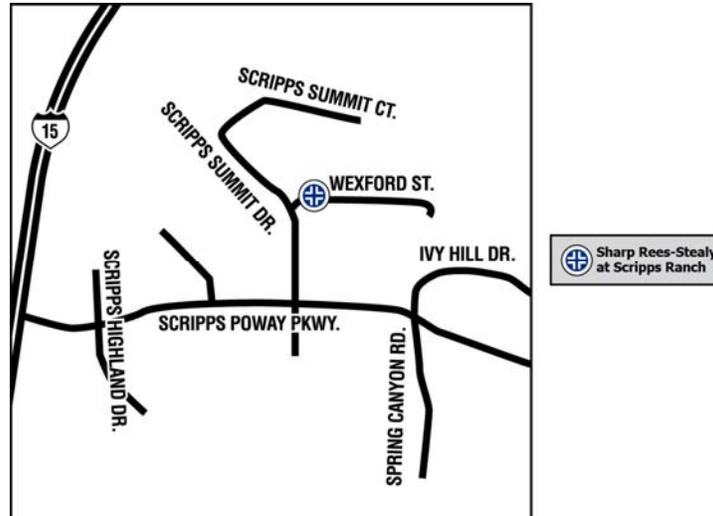
- Exit Genesee Avenue, turn right/east
- Turn left on Health Center Drive
- Pass Vista Hill Avenue
- The medical center is on the right, just before you get to the parking structure
- Turn right at the entrance to Sharp Rees-Stealy San Diego Medical Center
- Turn right at your first opportunity
- Patient parking is located in the surface lot south of the SRS building

### Directions to Sharp Rees-Stealy San Diego Medical Center from I-805 traveling north

- Exit Mesa College Drive/Keamy Villa Road, turn left/west
- Turn left on Health Center Drive
- Pass Frost Street
- The medical center is on the left, just past the parking structure
- Turn left at the entrance to Sharp Rees-Stealy San Diego Medical Center
- Turn right at your first opportunity
- Patient parking is located in the surface lot south of the SRS building

NOTE: If traveling south from I-805, there is no south-bound exit from the I-805 freeway. It is best to transfer to I-163, and then follow those directions above to the medical center.

**SHARP REES-STEALY AT SCRIPPS RANCH**  
10670 and 10672 Wexford Street, San Diego, CA 92131



Directions to Scripps Ranch from I-15 traveling north

- Exit Scripps Poway Parkway and turn right/east
- Turn left onto Scripps Summit Drive
- Turn right onto Wexford Street and the facility will be on the left side
- For OB, Endocrinology, Neurology and Gastroenterology, turn left immediately in parking lot

Directions to Scripps Ranch from I-15 traveling south

- Exit Scripps Poway Parkway and turn left/east
- Turn left onto Scripps Summit Drive
- Turn right onto Wexford Street and the facility will be on the left side
- For OB, Endocrinology, Neurology and Gastroenterology, turn left immediately in parking lot

Parking

Free parking is available in the lot along the building.

