**Arun Srivatsa, MD**

**Annamalai Veerappan, MD**

**Zaid Imam, MD**

2557 Mowry Avenue, Suite 10

 **Gastroenterology** Fremont, CA 94538

 Phone: 510-248-1843

**GOLYTELY INSTRUCTIONS**

**Your Colonoscopy has been scheduled with Dr.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**On \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_\_ at \_\_\_\_\_\_\_\_\_\_\_\_am/pm**

 **Day Month Date Arrival Time**

**At:**

**Washington Hospital Washington Outpatient Surgery Center**

 **Admitting Department First Floor**

 **2000 Mowry Avenue 2299 Mowry Avenue**

 **Fremont, CA Fremont, CA**

 **510-797-1111 510-791-5374**

**If you need to cancel or reschedule your procedure please call our office 3 days prior to the procedure at 510-248-1843.**

**Recommended List for Prep:**

* **1—Gallon of GOLYTELY** *(Prescription has been sent to your pharmacy)*
* **Dulcolax 5mg** *(Purchase a package, however you will only take 6 tablets)*
	+ Over the counter laxative

**Recommended List for Clear Liquid Diet:**

* **Water Bouillon (clear broth) Jell-O gelatin** (not pudding)
* **Popsicles Carbonated Soda Ginger Ale**
* **Black Tea Black Coffee Gatorade**
* **Crystal Light Coconut Juice Sugar and Sugar Substitutes**
* **Honey Syrup Clear Hard Candy**
* **Clear Fruit Juices** *(white grape, apple, lemonade)*

**Avoid solid foods, dairy products, fruit juices with pulp, and all red, orange, purple, and blue colored liquids.**

**Recommended List for Comfort:**

* **Desitin, A&D Ointment, Vaseline** *(apply to anal area to relieve discomfort)*
* **Baby Wipes** *(use instead of toilet paper to reduce irritation)*

**IMPORTANT: There are Medications which MUST be Stopped Prior to your Colonoscopy.**

* **Refer to the “Medication Instructions” on the last two pages.**
* **Always discuss medication concerns with your doctor.**

**THREE DAYS PRIOR TO THE COLONOSCOPY:**

**DO NOT EAT:**

* + **Legumes Peas Carrots**
	+ **Corn Tomatoes Watermelon**
	+ **Nuts**

**IF YOU NEED TO CANCEL OR RESCHEDULE YOUR PROCEDURE PLEASE CALL OUR OFFICE TODAY AT 510-248-1843.**

**DAY BEFORE THE COLONOSCOPY:**

* **DIET:**
	+ **ALL DAY - Clear Liquids Only** *(as described on the first page of these instructions)*
	+ **Any combination of liquids is allowed**
	+ **Be creative for “meals”**

**Stay hydrated! YOU NEED TO DRINK AT LEAST 3 LITERS OF FLUIDS!**

**Drink enough fluids to avoid dehydration while undergoing the colonoscopy prep**

* **COLONOSCOPY PREP:**
	+ **At 5:00pm:**
		- **Take four Dulcolax Tablets** *(5mg each)*
		- **Drink one half of the GOLYTELY** *(one half gallon)*
			* **Pour into a cup and drink every 15 minutes, repeat until half gallon is gone**
			* **You can chill GOLYTELY or pour it over ice and drink with a straw**
				+ **This can minimize the taste**
	+ **Within a few hours you can expect frequent bowel movements and diarrhea**
	+ **Until Bed Time:**

**IMPORTANT: Continue your Clear Liquid diet to prevent dehydration and ensure good urine output by drinking 2 to 3 liters of clear liquid.**

**DAY OF THE COLONOSCOPY:**

* **WAKE UP: 4-5 hours before the scheduled time of your colonoscopy**
	+ **If your colonoscopy is scheduled early in the morning you will need to get up in the early morning hours**
* **IMMEDIATELY:**
	+ **Take two Dulcolax Tablets** *(5mg each)*
	+ **Drink second half of the GOLYTELY** *(one half gallon)*
		- * **Pour into a cup and drink every 15 minutes, repeat until half gallon is gone**
	+ **The timing of this second dose is important**
	+ **Do not skip these steps**
* **3 HOURS PRIOR TO COLONOSCOPY SCHEDULED TIME**
	+ **You should have completed drinking the second half of the GOLYTELY**
* **This completes your bowel prep**
* **Take any oral medications approved by your physician**
	+ **Take with the smallest amount of water possible**

**3 HOURS PRIOR TO YOUR COLONOSCOPY**

**DO NOT EAT OR TO DRINK UNTIL YOUR COLONOSCOPY IS COMPLETED**

**This Completes Your Bowel Prep**

**WHAT TO EXPECT AFTER THE BOWEL PREP IS COMPLETE:**

* **More diarrhea**
* **Passing of clear, colored liquid**
* **IFyour stool is brown and murky, please inform the nurse upon admission**
	+ **Poor bowel preparation may result in having to reschedule your procedure and a more extensive prep**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Dark and murky****NOT OK** | **Brown and murky****NOT OK** | **Dark Orange and semi-clear****NOT OK** | **Light orange and clear****ALMOST THERE** | **Yellow and clear, like urine****YOU’RE** **READY!** |

**AFTER THE COLONOSCOPY:**

* **You may resume your normal diet**
* **Continue drinking enough liquids until bedtime to prevent dehydration and ensure good urine output**
* **You MUST have a responsible driver pick you up and a responsible caregiver at home with you for 4 hours after discharge.**

***PLEASE CALL THE OFFICE IF YOU HAVE ANY QUESTIONS AT (510) 248-1843***

**MEDICATION INSTRUCTIONS**

**Please discuss with your health care provider or cardiologist specific instructions prior to discontinuing any medications.**

**ANTI-PLATELET – Discontinue 5 Days Prior to Colonoscopy, unless otherwise specified by your physician**

**Clopidogrel (Plavix) Ticagrelor (Brilinta) Prasugrel (Effient)**

**Ticlodipine (Ticlid) Eptifibatide (Integrilin)**

**ANTI-COAGULANT – Discontinue 4 Days Prior to Colonoscopy**

**Warfarin (Coumadin)**

**ANTI-COAGULANT – Discontinue 2 Days Prior to Colonoscopy**

**Rivaroxaban (Xarelto) Dabigatran (Pradaxa) Apixaban (Eliquis)**

**ANTI-COAGULANT – Discontinue 1 Day Prior to Colonoscopy**

**Heparin Enoxaparin (Lovenox)**

**ANTI-COAGULANT – Ask the Prescribing Doctor When to Discontinue**

**Edoxaban (Savaysa) Fondaparinix (Arixtra)**

**OTHER MEDICATIONS – Discontinue 5 Days Prior to Colonoscopy**

**Fish Oil Iron Supplements Vitamin E**

**Gingko Metamucil Hydrocil**

**Other Bulk Preparations Turmeric (Curcumin)**

**FOR 5 DAYS PRIOR TO COLONOSCOPY – You may take TYLENOL if needed.**

**ROUTINE PRESCRIBED MEDICATIONS – Continue taking as prescribed.**

**FOR 3 DAYS PRIOR TO COLONOSCOPY– Stop JARDIANCE**

**DIABETES MEDICATIONS – Discuss with your Endocrinologist, however normally:**

* **The plan would be:**
	+ **Day Before Colonoscopy: take half the normal dose of Diabetes Medication and/or Insulin**
	+ **Day of the Colonoscopy: DO NOT take your diabetes medication**

**Please review the guidelines from American Society of Anesthesiologists regarding preoperative holding of glucagon-like peptide receptor agonists:**

**Dulaglutide (Trulicity)**

**Exenatide (Byetta)**

**Exenatide extended-release (Bydureon)**

**Liraglutide (Victoza)**

**Lixisenatide (Adlyxin)**

**Semaglutide injection (Ozempic)**

**Semaglutide tablets (Rybelsus)**

**Tirzepatide (Mounjaro)**

**Wegovy (Semaglutide)**

**If they are given by WEEKLY INJECTION, these medications SHOULD BE HELD 1 WEEK BEFORE procedure.**

**If they are given ORALLY on a DAILY basis, they SHOULD BE HELD on the DAY BEFORE procedure.**