

Colonoscopy/Golytely Prep

This prep will allow your doctor to achieve the best possible diagnostic view of your colon. It will also provide the most comfort during the procedure and minimize any risk of complication.

In advance, purchase the Golytely prep kit at your local pharmacy. **One day before your procedure you will need to be on a clear liquid diet.**

- Clear liquids are food that you can see through
- Avoid all substances red, purple or orange in color (it can look like blood)
- Limit caffeine and alcoholic beverages (1 or 2)
- No dairy products
- Suggested foods: Apple juice, herbal tea, broth or bouillon (no crackers), soda, Kool-aid, white grape juice, Jello, Gatorade (not red or purple), plain hard candy, popsicles, seasonings, (sugar, honey, substitutes, salt, Mrs. Dash)

Please avoid the following foods one week prior to your procedure: whole grain breads and pastas, brans, seeds, nuts, popcorn, yogurt containing fruits, fruits, raw vegetables, beans, legumes and oatmeal.

The day before your procedure:

In the morning prepare your Golytely solution and refrigerate.

- If you are scheduled for your procedure before 10:00 am:** The day before your procedure, begin drinking one quart of the Golytely each hour, between the hours of 4:00 pm and 8:00 pm.
- If you are scheduled for your procedure after 10:00 am:** You will drink the Golytely in 2 divided dose. The day before your procedure begin drinking one quart of the Golytely each hour between the hours of _____ and _____ and repeat the 2nd dose at _____ and _____.

Please drink as much liquid as comfortable up to 4 hours prior to your procedure. The more clear liquid you drink will help decrease cramping during

the prep process. **Please be fasting 4 hours prior to your procedure.**

If you can not tolerate the prep (vomiting or no results), please call our office at 522-4000, or if it is after hours, please call our answering service at 208-557-7523 and ask for the doctor on call for Grand Teton Gastroenterology.

The day of your procedure:

Please take your medications as prescribed the morning of the procedure with a small sip of water.

****You will need someone to drive you home.***

Your colonoscopy is scheduled at:

- € GTSC Grand Teton Surgical Center
- € EIRMC Eastern Idaho Regional Medical Center
- € MVH Mountain View Hospital

Doctor: _____

Date: _____

Time: _____

*The schedule is finalized the day before your scheduled procedure and your check in time may change.

- € The Grand Teton Surgical Center nursing staff will make every effort to contact you the day before your procedure to answer any questions and to confirm your check in time. **If no one has contacted you the day before your procedure, please call Grand Teton Surgical Center at 208-524-3800 to confirm your check in time and for further instructions. Grand Teton Surgical Center hours are from 6:30 am to 5 pm.**
- € The Eastern Idaho Regional Medical Center/Mountain View Hospital nursing staff will contact you the day before your procedure to confirm your check in time.

GRAND TETON GASTROENTEROLOGY, PA

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COLONOSCOPY

Your healthcare provider has determined that a colonoscopy is necessary for further evaluation and treatment. This brochure answers questions patients ask most frequently and will help you understand the procedure. After reading this, if you have any additional questions, please feel free to discuss them with nurse or provider prior to your exam.

If you have any questions about your need for the colonoscopy, alternative tests, the cost of the procedure, methods of billing, or insurance coverage, do not hesitate to speak to our staff, we will be happy to assist you.