



FIRST SURGERY CENTER

AFFILIATED WITH TRINITY MEDICAL MULTI-SPECIALTY GROUP, INC

COLONOSCOPY GOLYTELY/GAVILYTE PREP

You are scheduled for a colonoscopy on: _____

****YOU WILL NEED A PRESCRIPTION FROM OUR OFFICE FOR GOLYTELY. Please check with the staff about obtaining a prescription** Please arrange to have this prescription picked up no later than one week before your appointment.**

TIME: You will receive a call from the Surgery Center a day or two prior to your appointment with your arrival time.

You are scheduled for the day listed above, so please be sure to follow your preparation and all of the instructions detailed below. If you have access to your patient portal, the time you see listed on the schedule is NOT your scheduled time.

ARRANGE FOR A DRIVER: YOU WILL NEED A RESPONSIBLE ADULT TO DRIVE YOU HOME AFTER YOUR PROCEDURE. You will not be allowed to drive yourself home due to the sedation that you will be given. Small children are not allowed in the surgery center waiting room and drivers will be asked to wait in their car.

If you find it necessary to change or cancel your appointment, you must do this at least 7 working days prior to your appointment or you will be charged a **\$200** cancellation fee. Please call our office Monday – Friday, 8AM to 5PM at 951-501-4200 if you need to change or cancel your appointment. Follow the prompts for First Surgery Center scheduling.

Your procedure will be performed at:

- () **First Surgery Center**
31625 De Portola Rd. Suite #102
Temecula, CA 92592
Phone: (951) 501-4200
- () **Other** _____

THE ITEMS THAT YOU NEED TO PURCHASE AT LEAST 48 HOURS PRIOR TO YOUR PROCEDURE:

- **(PRESCRIPTION REQUIRED) –GOLYTELY/GAVILYTE prep solution. If we have not given you a prescription or called it into your pharmacy, please call us at 951-501-4200**
- CLEAR LIQUIDS (SEE SUGGESTIONS BELOW)
- 2 FLEET ENEMAS (OVER THE COUNTER) You will bring these with you to your appointment
- 1 BOTTLE OF SIMETHICONE (a common brand name is Mylicon) (this comes with a dropper for use)

Clear Liquids you are allowed to have:

Water	Apple Juice or WHITE grape juice	Hard Candy
Broth (Chicken, Vegetable or Bone)	Popsicles (No Red or Purple)	
7up, Ginger ale, Sprite	Jell-O (No Red or Purple)	
Coffee & Tea (No cream)	Sugar or Honey	

ONE WEEK BEFORE YOUR PROCEDURE:

- **Do not eat seeds, nuts, corn, popcorn, celery and other high fiber food or supplements**
- If you are taking Blood Thinners or Diabetic Medication, REVIEW AND THEN FOLLOW THE DIRECTIONS ACCORDINGLY ON THE LIST PROVIDED BELOW. If you have questions regarding this, please call our office.
- Arrange for a driver. You will not be allowed to drive yourself home. Your driver must be a responsible adult. Drivers will be asked to wait in their car. We do not allow small children in the office. We will call your driver when you are ready to be picked up.
- Read the procedure consent that was provided to you. You do not need to sign the copy you were given. You will be required to sign the consent once you get to the office and are in the presence of our nursing staff.
- If you find it necessary to change or cancel your appointment, you must do this at least 7 working days prior to your appointment or you will be charged a **\$200** cancellation fee. Please call our office Monday – Friday, 7AM to 3PM at 951-517-0906 if you need to change or cancel your appointment. Follow the prompts for First Surgery Center scheduling.

THE DAY BEFORE YOUR PROCEDURE:

YOU WILL NEED A RESPONSIBLE ADULT TO DRIVE YOU HOME AFTER YOUR PROCEDURE. Confirm with your driver, as you will not be allowed to drive yourself home. No small children are allowed in the surgery center waiting area.

- **6:00AM-** The entire day prior to your procedure you will begin a CLEAR LIQUID diet. NO SOLID FOODS! Follow the clear liquid diet listed above. You can have as much of the clear liquids that you want throughout the day. We encourage you to stay hydrated with water. Drink at least 8 glasses of clear liquids throughout the day.
- **8:00AM-** Fill the Golytely jug with cold water and **10 droppers full** of the Simethicone and shake well. Put the jug into the refrigerator. It tends to taste better cold (REFRIGERATION IS OPTIONAL)
- **3:00PM-** Begin drinking the Golytely. Drink 10-11, 8oz cups of Golytely. You must be finished with this by 9:00PM. You can drink this solution with a straw if it makes it easier. Sucking on a hard candy may also help you if you dislike the taste of the solution.

****If you experience nausea or vomiting, take a 30 min break and then continue the preparation****

If you have any questions regarding your preparation, please call 951-517-0906

DAY OF YOUR PROCEDURE:

- 5-6 hours before your check-in time, drink the remaining amount of Golytely.
- **STOP ALL FLUID INTAKE NO LESS THAN 3 HOURS BEFORE YOUR CHECK IN TIME.**
- Take any hypertension, thyroid, anti-seizure, and heart medications as prescribed with a small sip of water. **Avoid taking insulin or blood thinners.**
- One hour before your scheduled appointment use one of Fleet Enemas if your stool is not clear (acceptable clear color would be the color of urine, or tea). If you are completely cleaned out (nothing solid or dark liquid) then you do not need to use the enemas. But bring it with you to your appointment in the event the nurse feels you are not appropriately cleaned out.
- Please avoid wearing contact lenses, jewelry or valuables

WHAT TO BRING/DO THE DAY OF YOUR APPOINTMENT:

- Wear comfortable clothes and things that are easy to take off and put back on. We recommend wearing shoes that easily slip off and on and don't require you to bend over to put them on.
- Warm socks
- Insurance cards and ID
- Cash or Credit Card if you have a Co-Payment or deductible that has not been met
- Bring two fleet enemas (in case your prep was not effective, we will have you use the enemas before your procedure)
- A list of all your prescriptions and over the counter medications

IF YOU TAKE BLOOD THINNERS, STOP 3-7 DAYS BEFORE YOUR APPOINTMENT, FOLLOWING THE DIRECTIONS BELOW:

- Coumadin, Lovenox, Plavix, Effient, Brillinta, Ticlid, Persatine or any medication that thins your blood please follow up with us as you may need to stop these medications 3-7 days before your procedure.
- Lovenox (**Enoxaparin**) - Hold PM dose the day BEFORE the procedure/ hold AM dose the Day of procedure
- Aggrenox (**Aspirin-Dipyridamole**)- 48 hours prior to procedure
- Eliquis (Apaxiban)- 48 hours prior to procedure
- Pradaxa (**Dabigatran Etxilate**) - 48 hours prior to procedure
- Xarelto (**Rivaroxaban**) - 48 Hours prior to procedure
- Warfarin (Coumadin)- 3 days prior to procedure
- Brillianta (**Ticagrelor**) - 5 days prior to procedure
- Effient (Prasugrel) – 7 days prior to procedure
- Plavix (Clopidogrel)- 7 Days prior to procedure
- Aspirin- you do not need to stop.

IF YOU TAKE DIABETIC MEDICATIONS, FOLLOW THE DIRECTONS BELOW:

- Lantus or Long Acting Insulin: Take only ½ the dose at midnight before your procedure. Bring your insulin in with you day of procedure
- Glimperide (Amaryl): Hold day of procedure
- Glucotrol (Glipizide): Hold day of procedure
- Glucophage (Metformin): Hold day of procedure
- Actos (Pioglitazone): Hold day of procedure
- Invokana (Canaglifozin): Hold day of procedure
- Januvia (Sitagliptin): Hold day of procedure