

LOWER ENDOSCOPY INSTRUCTIONS

Patient Name: _____

Endoscopy scheduled on: _____ at (time): _____

***** Please Call 415-600-1151 to Verify Your Check-in Location and Time of Arrival *****

1. A prescription for GoLYTELY (or NuLYTELY, or CoLYTELY) will be called into your pharmacy 3-5 days prior to procedure date, our nurse will contact you before ordering. Use as directed.
Our screening nurse will contact you 3-5 days prior to your procedure date. If you have clinical, prescription or procedure questions please call 415-600-1153.
2. **Please inform us:**
 - o If you are a diabetic, our nurse (415-600-1153) will discuss your morning diabetes, medication with you. Check your finger stick glucose before leaving home and notify the nurse of the result upon arrival to the endoscopy suite. Bring your blood glucose meter with you.
3. **Five (5) days prior to the procedure:**
STOP taking Coumadin.
STOP taking aspirin or anti-inflammatory drugs (Advil, Motrin, Naprosyn, etc.).
STOP taking Iron Supplements and Vitamin E.
DO NOT eat nuts, seeds, popcorn and corn.
4. **Seven (7) days prior to the procedure:**
STOP taking Plavix.
5. **One day before the procedure:**
Have only clear liquids (broth, clear soups or beverages, transparent juices, Jell-O and popsicles) until six (6) hours before the procedure.
6. **Starting at 6 p.m. the day before your procedure**, rapidly drink 8 oz. of the GoLyteLy every 10 minutes. Drink all the solution, or at least as much is necessary to produce watery stool, clear and free of solid matter. **TIP: The GoLyteLy is easier to take if chilled.**



California Pacific
Medical Center

A Sutter Health Affiliate

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7. **On the day of the procedure:**

You may have clear liquids until six (6) hours before procedure is scheduled. You may take necessary medication with a few sips of water within two (2) hours of procedure if necessary.

8. **YOU MUST BRING A DRIVER!** Driving, walking or taking public transportation (i.e. bus or cab) alone is not permitted for at least 12 hours, due to drowsiness and delayed reflexes from the IV medication. You should also not conduct any business or sign any legal documents until the next day.

**PLEASE PRE-REGISTER WITH California Pacific Medical Center
FOR YOUR APPOINTMENT BY CALLING 415-600-3676
Be sure to specify: "ADMINISTRATIVE" Registration Only**