



## **Golytely, Colyte, Nulytely, or Trilytely with Fleets Enema Preparation Instructions**

### **Five days before the procedure – no aspirin, aspirin products, fish oil or Vitamin E supplements**

- If you are taking **Aspirin** based products, **fish oil** supplements, or extra **Vitamin E**, please contact our office for further instructions. If you are currently taking blood thinners such as **Coumadin or Plavix**, please let your physician know immediately, as you must stop this medication several days prior to the exam to prevent excessive bleeding. You must also clear this with your primary care physician or cardiologist.
- Stop eating nuts, seeds, or quinoa.

### **Three days before the procedure**

- Stop your fiber supplements (Kashi bars, high fiber cereals, Metamucil, Konsyl, Citrucel, Benefiber, etc.)
- Purchase a Fleets enema for use the day of your colonoscopy.

### **The entire day before the procedure**

- **YOU MUST DRINK PLENTY OF CLEAR LIQUIDS THROUGHOUT THE ENTIRE DAY** – it is recommended that you drink a minimum of 32 fluid ounces of clear liquids spread out over the day **BEFORE** you start your prep. This will help prevent you from becoming dehydrated.
- You will be on a clear liquid diet. A clear liquid is any liquid that you can put in a glass and see straight through it. Avoid red colored liquids or jello. You may have Jello, bouillon, consommé, apple, grape, or white cranberry juice, Gatorade, black coffee, tea, cola, or water. Anything that melts into a clear liquid (sorbet, Italian ice, ice, lifesavers) is allowed. Milk, cream, anything with pulp, or alcoholic beverages is **NOT** allowed. Solid food is **NOT** allowed.

### **The afternoon before the procedure**

- Plan to drink the entire bottle of laxative preparation (prescriptions are attached). You may choose between the flavors. Mix the solution as directed; usually you will add lukewarm drinking water to top of line on the bottle. Cap the bottle and shake to dissolve the powder. You may refrigerate the solution once the powder dissolves.
- If you were given a prescription for Dulcolax tablets or anti-nausea medications, take them as directed.
- Beginning anytime between 10 a.m and 12 p.m., start drinking 8 ounces of the fluid every twenty minutes. Chilling the liquid or sipping through a straw makes it easier. You will finish the bowel prep liquid in about four hours.
- Afterwards, you may then drink all the clear liquids you like. We recommend you drink plenty of clear liquids to avoid dehydration and to clean out the colon.
- **PLEASE STOP DRINKING** and do not chew gum **FOUR HOURS** prior to your procedure time

### **The morning of the procedure**

- Perform a Fleets enema as soon as you awaken.
- Patients taking daily medications may take their regular morning dosages with a very small sip of water.
- Please do **NOT** chew gum for at least four hours before your procedure.

### **After the procedure**

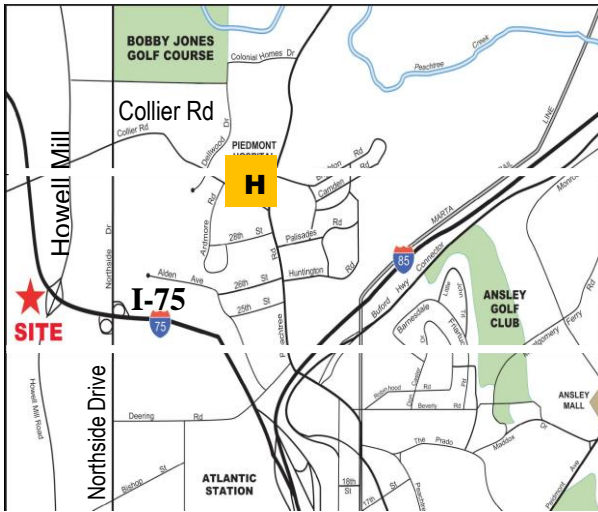
- You must have someone responsible drive you home after colonoscopy & ambulatory surgery - because you will be given a sedative for the procedure. Your procedure will be cancelled if you do not have a responsible escort home.
- You should plan to rest quietly for the remainder of the day. You may resume normal activity the next morning.
- You should not drive or make legal decisions for the remainder of the day.
- Biopsy/pathology reports take about 3-4 business days to get from the laboratory. Please allow this much time before contacting our office for your results.
- If you have any questions, please contact our office prior to your exam.



Be sure to visit our website [www.atlcrs.com](http://www.atlcrs.com) to check our Frequently Asked Questions (FAQs) section.

○ **For PIEDMONT WEST SURGERY CENTER**

- **Colonoscopy & Outpatient Surgery**
- 1800 Howell Mill Road NW, Suite 250 (404) 537-4910
- You should arrive at least 1 hour prior to your scheduled procedure time. The entire length of time you will spend for colonoscopy will be approximately 2.5 hours.



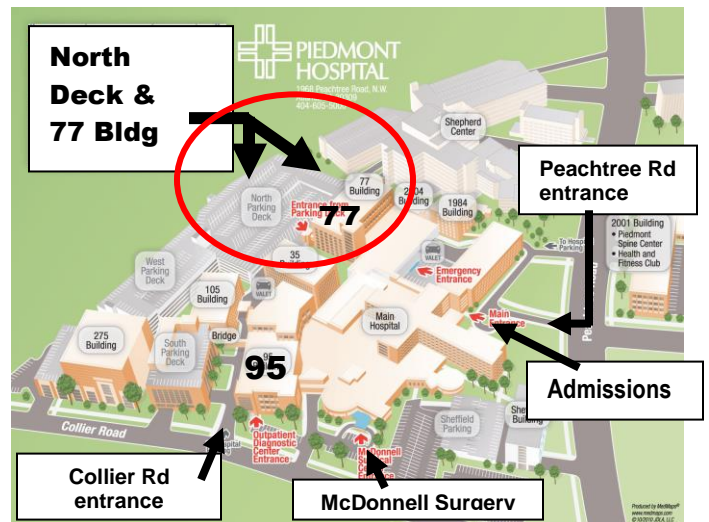
**PIEDMONT WEST SURGERY CENTER** is in the Piedmont West Building; 2<sup>nd</sup> floor. Enter visitor parking and park on **Level P6**.

**PIEDMONT WEST SURGERY CENTER** is located just north of the 75/85 connector at the intersection of I-75 & Howell Mill Road.

- Heading north on Interstate 75, Exit 252, turn left onto Howell Mill Road, go over I-75 and **PIEDMONT WEST SURGERY CENTER** is the glass building immediately on the right after the traffic light
- Heading south on Interstate 75, Exit 252 and turn right on Howell Mill Rd NW. **PIEDMONT WEST SURGERY CENTER** is in the first building on the right

○ **For procedures @ PIEDMONT HOSPITAL**

- **Colonoscopy** – arrive at least 1 hour prior
  - 77 Collier Road, 1<sup>st</sup> floor 77 Bldg Registration (404)605-3462
  - Park in NORTH parking deck & take the elevator to the bridge leading to the 77 Building
  - Report to GI LAB.
- **Surgery** – arrive 2 hours prior to surgery
  - Park in NORTH parking deck
  - Report to Main Admissions by Elevator A



What should I bring with me?

- Driver's license or government issued photo ID (as identification) and all insurance cards
- Eyeglasses if you wear them since you will be asked to sign legal documents
- Any forms your doctor has asked you to bring with you on the day of surgery
- Do NOT bring any valuables (money, jewelry, watch, etc.) with you. We cannot be responsible for valuables