



These instructions are intended to make sure that your procedure goes as smoothly as possible. Please read through the entirety of this preparation sheet at least 5 days before your procedure and follow the instructions carefully. If your colon is not completely empty and clean, your doctor may miss important findings and your procedure may have to be repeated.

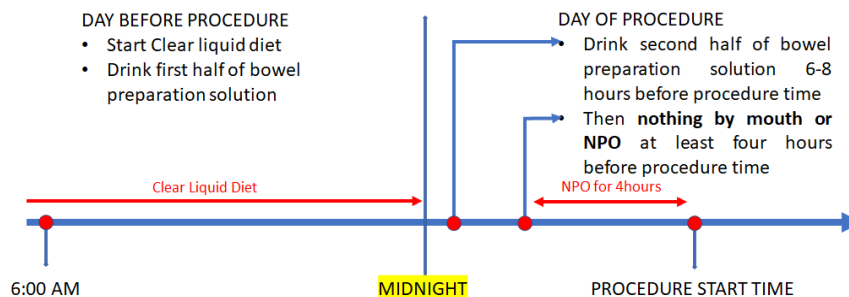


| PROCEDURE DATE AND TIME:      | QUESTIONS  | LOCATION OF PROCEDURE   |
|-------------------------------|--|---|
| _____                         | <input type="checkbox"/> McAuley Office<br>405-749-4247<br><input type="checkbox"/> IBD - McAuley Office<br>405-752-3900<br><input type="checkbox"/> Edmond Office<br>405-340-4937 | <input type="checkbox"/> Mercy Hospital Admitting<br>4300 W. Memorial Rd.   OKC, OK 73120<br><input type="checkbox"/> Mercy Outpatient Surgery Center - Edmond I-35<br>North Building, North Entrance<br>2017 W. I-35 Frontage Rd.   Edmond, OK 73013 |
| <b>ARRIVAL time is:</b> _____ |  |   |

### IMPORTANT REMINDERS:

- You MUST bring someone 18 years or older to stay during the procedure and to drive you home. Otherwise, the procedure will not be done.
- Stop taking iron supplements and diet pills 5 days before your procedure.
- AVOID ALL NUTS, CORN, POPCORN, SEEDS OR ANYTHING THAT HAS A HUSK FOR FIVE DAYS PRIOR TO PROCEDURE**
- AVOID ALEVE, IBUPROFEN AND ANY OTHER ANTI-INFLAMMATORY FOR FIVE DAYS BEFORE YOUR PROCEDURE. TYLENOL IS OKAY.**
- Medications:**
  - Take all your medications as usual (including blood pressure meds) the day before and the day of your colonoscopy except for the following:
  - For Diabetics:
    - If you are on insulin, take only half of your morning dose the day of your colonoscopy
    - Do not take diabetes pills the morning of your colonoscopy.
  - IF YOU ARE TAKING BLOOD THINNERS SUCH AS PLAVIX, WARFARIN, ELIQUIS, XARELTO, ETC, PLEASE CONTACT OUR OFFICE FOR DIRECTION ON HOW LONG TO HOLD BEFORE PROCEDURE. YOU DO NOT NEED TO STOP LOW DOSE ASPIRIN (325 MG AND LESS).**

### TIMELINE OF BOWEL PREPARATION: Please refer to table below for detailed instructions





DARK AND MURKY  
**NOT OK**



BROWN AND MURKY  
**NOT OK**



DARK ORANGE AND SEMI-CLEAR  
**NOT OK**



LIGHT ORANGE AND MOSTLY CLEAR  
**ALMOST THERE!**



YELLOW AND CLEAR, LIKE URINE  
**YOU'RE READY!**

Expected Stool Color  
Changes During Bowel  
Preparation

Start a clear liquid diet morning of: \_\_\_\_\_

Remain on clear liquid diet until time of **NOTHING BY MOUTH** listed below

**ABSOLUTELY NO SOLID FOOD!**

**\*\*NO DAIRY PRODUCTS, NO RED OR PURPLE, NO ALCOHOLIC BEVERAGES\*\***

Allowed Liquids

- Water, clear sparkling water, sprite, 7-up, Ginger Ale, Mountain Dew, Fresca, Club soda
- Powered or bottled sports drinks: Crystal light, Gatorade, Powerade (NO RED OR PURPLE)
- Clear Juices (NO PULP): Apple, white grape, lemonade
- Popsicles, Jell-o, Hard Candies - NO RED OR PURPLE
- Clear broth or bouillon (chicken or beef)
- Coffee and tea (NO MILK OR CREAMER OF ANY KIND)

**The day before your procedure on:** \_\_\_\_\_

**Golytely solution preparation:** Fill the container with the amount of water indicated on the container. Use lukewarm water to help the medication dissolve faster. GoLYTELY solution must be mixed well before using. After mixing refrigerate the container.

**At 4:00 PM** Begin drinking the GoLYTELY solution. Drink one 8-ounce glass every 15 minutes until HALF the container is left. Be sure to SHAKE WELL before each use. DO NOT add any sugars, sweeteners, or other additives to the solution. If you have problems feeling full or nauseous, stop drinking until that sensation passes and then resume.

**The day of your procedure on:** \_\_\_\_\_

**6 hours before procedure time:** Start drinking the other half of the container until it is EMPTY. Be sure to SHAKE WELL before you drink. You must finish drinking this before nothing by mouth time listed below.

**NOTHING BY MOUTH STARTING AT:  
FOUR HOURS BEFORE PROCEDURE TIME  
(Absolutely nothing by mouth - including gum, hard candy, tobacco, water)**