



YOUR GI CENTER
PEOPLE COME FIRST

3 Day Nulytely/Golytely Procedure Instructions

Your Check-In Time is: _____ Date: _____

Location of Procedure:

The GI Center
109 Parking Way
Lake Jackson, TX 77566
(979) 292-0033

Pearland Center
2404 Smith Ranch Rd. #200
Pearland, TX 77584
(713) 436-8171

Hospital

You Will Need to Purchase:

You will need to purchase: A) Your prep (we sent the prescription to your pharmacy) and B) Dulcolax laxative tablets (over the counter)

Checking In:

Your check-in time is NOT your procedure time. It is merely the time we wish for you to begin the check-in process. Please sign in at the front window.

Plan on being here for approximately 3 hours (for the entire process from checking in to being discharged). There are many factors that affect this, so your ride will need to be flexible in their ability to pick you up when needed. **Please have the phone number of your ride available for us.**

Cancellation Policy:

Our office requires a 24 hour notice to cancel or reschedule your appointment. **If we are not given 24 hours advance notice, a \$200 cancellation fee will be billed to you.**

If you need to cancel or reschedule your procedure, please call the facility your procedure is scheduled to take place at.

Food/Drink:

DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT EXCEPT FOR medications approved on back page, and except for prep if having a colonoscopy. **No ice, liquids, gum, mints, toothpicks, chewing tobacco, smoking, etc.** This is a safety issue with being sedated.

Transportation:

You MUST have a ride to and from your procedure. You will be sedated for your procedure and will not be able to drive for **12 hours**. It is critical that you **give us an accurate phone number for your ride** so that we may contact them when/if necessary. Please advise your

(turn page over)

ride to answer their phone from unknown numbers on your procedure day as we may be attempting to call them.

If you do not have a ride in a timely manner, a cab may be called for you at YOUR expense at the discretion of our physicians or Nurse Manager.

Medications:

Blood Thinners: Prescription blood thinners **MUST** be stopped prior to the procedure (Aspirin is okay to take unless specifically instructed otherwise):

- **Coumadin, Warfarin, Plavix:** must be stopped **5 days** prior to procedure.
- **Xarelto, Aggrenox, Eliquis, Pradaxa:** must be stopped **2 days** prior to procedure.

Diabetic Medications: Do **NOT** take any diabetic medications (pills or injections) on the morning of your procedure.

Weight Loss Medications: If you take **PHENTERMINE** or any other **WEIGHT LOSS MEDICATION**, you must be off of it for **TWO WEEKS** prior to your procedure. There are side effects with Propofol.

****ALL OTHER MEDICATIONS CAN BE TAKEN WITH A SMALL SIP OF WATER****

PLEASE TAKE ALL MEDICATIONS FOR: blood pressure, heart arrhythmias, seizures, mental/emotional disorders, asthma/COPD the morning of your procedure with a small sip of water.

If you use a **nebulizer**, please do a breathing treatment prior to your arrival.

If you use an **inhaler**, feel free to use it and bring with you to your procedure.

Dialysis Patients: If you are on **DIALYSIS**, you **MUST** have labwork (potassium level) drawn within **24 hours** of your procedure. **If you do not have an order, please contact us for one.**

Results:

Your results will be discussed with you and/or your ride if you allow. This will be a brief overview of what was observed and performed during your procedure along with any further tests you need to have performed. A more detailed explanation and results of any biopsies will be discussed at your follow up appointment.

www.yourgicenter.com

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Bay City
720 Avenue F. North
Bay City, TX 77414
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www.yourgicenter.com
facebook.com/yourgicenter
Email: hello@yourgicenter.com
Toll free: 888-292-0010
Fax: 979-292-0488

INSTRUCTIONS ON YOUR PREPARATION FOR THE COLONOSCOPY.

- **Three days before Colonoscopy:**
 - Take 2 Dulcolax tabs by mouth by 5 PM
 - Regular Diet this day.

- **Two days before Colonoscopy:**
 - Take 2 Dulcolax tabs by mouth by 5 PM
 - Start Clear Liquid Diet this day (no solid foods or milk products).

- **The day before your Colonoscopy:**
 - Continue with a Clear Liquid Diet
 - At 5 PM begin Golytely/Nulytely preparation; drink 6-8 ounces every 10-15 minutes until you have finished it all.
 - Before midnight, drink at least 3 additional glasses of clear liquids/water.
 - Nothing to eat or drink after midnight, except regular medications as advised prior.

- **The day of your Colonoscopy:**
 - Nothing by mouth (no liquids, mints, gum, chewing tobacco, etc.).

*Clear liquids include all of the following that are not colored red or purple. Strained fruit juices **without** pulp only (apple, white grape, lemonade), water, clear broth or bouillon, coffee (without milk or nondairy creamer), Gatorade, carbonated and noncarbonated soft drinks. Kool-Aid, (or other fruit flavored drinks), plain jello (without added fruit or topping) and ice popsicles. Look under tab for DIETS in our website at www.yourgicenter.com and get detail list of foods for Clear Liquid Diets

**Bowel movements should be liquid and without particles/pieces of solid stool.

See attached information for CLEAR LIQUID DIET.

- If you are experiencing low sugar symptoms, IMMEDIATELY take some sugar solution or clear juice such as Apple Juice.

- No smoking after midnight.

- Do not take fish oil, vitamin A, or any other oil based medication or vitamins for 3 days prior to your procedure..

- If you are taking PHENTERMINE or any other WEIGHT LOSS MEDICATION, you must be off of it for TWO WEEKS prior to your procedure. There are side effects with Propofol.

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CLEAR LIQUID DIET

This diet provides fluids that leave little residue and are easily absorbed with minimal digestive activity. This diet is inadequate in all essential nutrients and is recommended only if clear liquids are temporarily needed. No red or purple liquids should be consumed!

Food Group	Foods Allowed	Foods to Avoid
Milk & beverages <i>No red or purple liquids!</i>	Tea (decaffeinated or regular), carbonated beverages, fruit flavored drinks	Milk, Milk drinks
Meats & meat substitutes	None	All
Vegetables	None	All
Fruits & fruit juices	Strained fruit juices: apple, white grape, lemonade	Fruit juices with unstrained fruit
Grains & starches	None	All
Soups	Clear broth, consommé	All others
Desserts	Clear flavored gelatin, popsicles (no red or purple flavors)	All others
Fats	None	All
Miscellaneous	Sugar, honey, syrup, clear hard candy, salt	All others
Examples of Clear Liquid Diet:		
Breakfast	Lunch	Dinner
White grape juice	Apple Juice	Lemonade
Clear broth	Clear broth	Clear broth
Jell-O ^{®*}	Jell-O ^{®*}	Jell-O ^{®*}
Tea	Tea	Tea
<i>*plain only, no fruit or toppings</i>		
<small>Jell-O is a registered trademark of Kraft General Foods, Inc.</small>		

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