

Colonoscopy Preparation Instructions

IMPORTANT: Carefully read the entire packet now.

Appointment Date: _____
Arrival Time: _____
Appointment Time: _____
Address: _____
Doctor's Name: _____

1. Purchase your preparation kit, GoLYTELY® or its generic equivalent, from the pharmacy at least seven to ten days prior to colonoscopy appointment. **Please disregard the instructions on the GoLYTELY bottle and follow all the directions in the packet carefully.**

Sharp Rees-Stealy has nine full-service pharmacies (refer to page 8) where your prep kit can be prescribed and distributed by a Sharp Rees-Stealy pharmacist. Our Sharp Rees-Stealy pharmacists will be able to go through the bowel prep instructions with you. If you choose to purchase your prep kit from a different pharmacy, you will need a prescription from your doctor. The cost of the prep kit will depend on your prescription benefits.

Excellent preparation is crucial for an effective colonoscopy. The thorough counseling you will receive at a Sharp Rees-Stealy pharmacy will help you successfully prepare for your exam. The rectum and colon must be completely empty of stool. Your doctor has prescribed GoLYTELY to adequately cleanse the colon. These preparations begin seven days before your procedure. Failure to follow these directions may result in the rescheduling of your colonoscopy.

2. You will need to have a licensed driver to drive you home or a responsible adult as an escort if you are using other transportation to your appointment. This includes taxis and car services, including Uber or Lyft. They must remain on site during the entire procedure. Your procedure will be cancelled without a driver or escort.
3. Watch a video which is an overview on how to prepare for your colonoscopy. Type this URL into your internet browser: **sharp.com/prep** (This is again just an overview — please still follow all the written instructions in this packet.)
4. If you take prescription medications, talk to your doctor or the prescribing physician at least one week before your colonoscopy (see page 6). Please note, if you currently use any of the blood thinning medications listed on page 6, you must contact your prescribing physician to discuss the safest way to temporarily adjust or stop your prescription.
5. **If you have chronic constipation, take opioid medications or have failed a bowel preparation in the past, you are at risk for a poor preparation. We recommend this extended bowel preparation:**

Step one: Two days before your procedure: follow a clear liquid diet

Step two: The morning before you start regular GoLYTELY preparation: take one bottle of over-the-counter magnesium citrate OR mix four capfuls of MiraLAX® in 20 ounces of

Gatorade, Propel, Crystal Light or other noncarbonated clear liquid drink (no red or purple). You may also use sugar-free gatorade. Drink eight ounces of this mixture every 10-15 minutes.

Step three: Start the two doses of GoLYTELY bowel prep the evening prior to colonoscopy as stated in details on page 3

Cancellation Policy:

If you need to cancel your procedure, you must do so five (5) business days before your appointment or you will be subject to a \$100 cancellation fee.

6. **Please leave all valuables at home.**

How to Prepare for your Colonoscopy

Ten to fourteen (10-14) days before your procedure

Visit a Sharp Rees Stealy pharmacy to pick up your GoLYTELY prep kit. The pharmacist will review the directions with you for a successful prep. See page 8 for pharmacy locations.

Seven (7) days before your procedure

STOP

- ⊘ Iron, fish oil, Vitamin E
- ⊘ NSAIDs including: ibuprofen (Motrin[®], Advil[®]), Naproxen (Aleve[®], Naprosyn[®]) and other similar medications
- ⊘ All seeds, nuts, popcorn or extra fiber
- ⊘ Multigrain: cereal/oats/barley, whole wheat products/wheat bran
- ⊘ Fruits and berries: raspberries, blueberries, blackberries
- ⊘ Beans: black beans, chickpeas
- ⊘ Vegetables with extra fiber: spinach, peas, artichoke, broccoli, sweet potatoes

OKAY

- ✓ Any regularly prescribed medications (**especially blood pressure and/or heart medications and seizure medications**)
- ✓ Foods such as meat, fish, tofu, white bread, white rice, noodles, yogurt, fruits and vegetables (remove skin and seeds), pasta, eggs, cheese, dairy products, flour tortillas
- ✓ Probiotics

Two (2) days before your procedure

STOP (in addition to the above)

- ⊘ All green vegetables and fresh fruits





OKAY

- ✓ Foods such as meat, fish, tofu, white bread, white rice, noodles, yogurt, pasta, eggs, cheese and dairy products
- ✓ Please drink 8-10 glasses of water or Pedialyte each day to keep up hydration until colonoscopy



The entire day before your procedure

Please add water to your GoLYTELY prep container and mix well in the morning. You can refrigerate or leave at room temperature so that you are ready to take the bowel prep solution at 6 p.m.

STOP (in addition to page 2)

-  Any solid food
-  Dairy products
-  Alcohol
-  Juices, popsicles or sports drinks that are RED or PURPLE

OKAY

-  Any regular medications (especially blood pressure and/or cardiac medications and acetaminophen (Tylenol®))
-  Water and clear liquids including:
 - **Juices:** apple, white grape, white cranberry, lemonade
 - **Broth:** chicken, beef or vegetable
 - **Soda:** any clear soda (NO cola-colored soda)
 - **Other:** black coffee, tea, popsicles, gelatin, sports drinks – avoid red or purple drinks

6 p.m. the day before your procedure

Drink half of the prep solution: Every 10 to 15 minutes, drink one (8 oz.) glass of the solution until you have finished half of the solution. Save the rest of the solution for later. You may store it in the refrigerator or keep it at room temperature. Continue your clear liquid diet.

6 hours before your procedure

Drink the rest of the prep solution: Every 10 to 15 minutes, drink one (8 oz.) glass of the solution until you have finished all of it.

4 hours before your procedure

Take two tablets orally of Simethicone/Gas-X 80mg.

3 hours before your procedure

DO NOT drink any liquid or consume anything by mouth.

Important Information About Your Colonoscopy

The importance of thorough preparation

You must drink all the preparation solution. You are ready when you are producing clear yellowish fluid that you can see through as seen in figure 1.

It is very important to follow preparation instructions closely so your doctor has a clear and clean view of your colon (figure 2). A clean colon will help your doctor identify polyps or cancer if they are present. If your colon is not prepared properly, you may need to schedule a second colonoscopy.

Before your procedure

To improve the taste of the preparation solution try 1) adding a citrus-flavored powdered drink packet, e.g. Crystal Light; 2) chilling it before drinking; 3) licking a lemon or lime wedge after drinks; or 4) using a straw.

Consider using petroleum jelly or diaper rash ointment around the anus before starting the prep and after each bowel movement to minimize irritation.

To prevent dehydration, drink more than eight glasses of water each day for two days before the colon prep day. Your body can lose significant amounts of fluid during the preparation.

Feelings of bloating, nausea, abdominal cramping or chills are common. This should decrease over the course of the preparation.

If you develop severe nausea or vomiting, stop drinking the bowel prep for 30 minutes, and then start again once you are feeling better.

Transportation reminders

You must arrive at your appointment location **30 minutes** before your scheduled procedure time. Your entire visit will be two to three hours.

You are not permitted to take a taxi, operate any mode of transportation or use any public transportation by yourself to get home after the procedure. **A responsible adult will need to drive or escort you home.** Your procedure will be cancelled if you do not have a driver or escort.



Figure 1

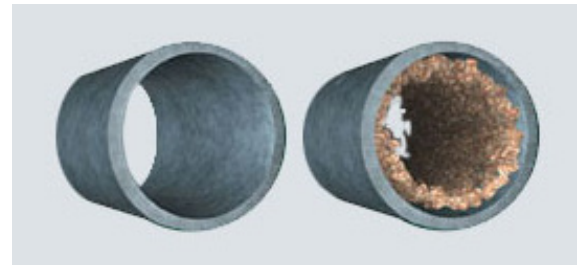


Figure 2

During your procedure

Before your procedure, a nurse will ask you questions to be sure you understand the procedure and the reason for it, and to make certain you prepared properly for it. The doctor will also review the procedure with you.

The nurse will start an intravenous (IV) line to administer medications. The IV line is similar to having blood drawn. Your vital signs (blood pressure, heart rate, oxygen saturation) will be monitored closely before, during and after the procedure.

The colonoscopy will be performed while you are lying on your left side. Medications to help you relax and to help with discomfort will be given to you through your IV. Some people sleep during the examination. Others are very relaxed, comfortable and awake. You will not be under general anesthesia.

After your procedure

You'll need to rest for the remainder of the day for your health and safety.

Do not participate in any activities which require coordination or judgment. You may return to regular activities the day after the procedure.

Some bloating, gas or mild cramping is normal and should diminish by the next day. After your procedure, you will receive specific information about findings, follow-up instructions and precautions.

There is a small risk of bleeding for up to two weeks after a polyp is removed during a colonoscopy. Please inform your physician if you plan to travel by air after your procedure. We discourage booking international flights for the two weeks duration. There is a chance your doctor will recommend cancelling the flight depending on the outcome of the procedure.

Medications and Insulin

If you take prescription medications, contact your primary care physician at least one week before your colonoscopy. Take approved medications with a small amount of water before 7 a.m. on the morning of the procedure.

Cardiovascular and seizure medication

Do not stop taking medications for high blood pressure, heart rhythm disturbance or seizure/convulsions without approval from your doctor. **Blood thinning medications/anticoagulants** or other types of medications that impair blood clotting may need to be temporarily stopped or adjusted before your procedure. You and your doctor will decide what is best for you. It is extremely important to speak with your doctor if you take any of the medications listed below.

Brand name	Generic name
Coumadin®	Warfarin
Plavix®	Clopidogrel
Pradaxa®	Dabigatran
Effient®	Prasugrel
Xarelto®	Rivaroxaban
Persantine®	Dipyridamole
Ticlid®	Ticlopidine
Brilinta®	Ticagrelor
Eliquis®	Apixaban

**DO NOT STOP YOUR PRESCRIBED
ASPIRIN THERAPY**

Diabetic patients

Do not take any oral anti-diabetic medication the morning of the procedure.

If you have diabetes and use **insulin**, take one-third of your usual long-acting insulin dose on the morning of the procedure, but do not take any regular insulin. Please perform a finger-stick test the morning of the procedure and bring the results with you to the procedure. Inform your doctor and/or medical personnel of your condition and the results of your morning finger-stick test.

Frequently Asked Questions

What can I expect after a colonoscopy?

You will be monitored closely in the recovery area as the sedatives wear off. You may experience some cramping and bloating and you will be encouraged to pass gas which will help you feel better. Because sedatives may impair your judgment and coordination, you will be required to have someone drive or escort you home. Follow the discharge instructions for diet after you've had a colonoscopy. Your doctor will also give you specific instructions on whether you should take or avoid certain medications, depending on the findings of your colonoscopy.

When should I buy the prep kit?

You should purchase the prep kit at least 10 days before the date of your procedure. You may buy it sooner. If you use a Sharp Rees-Stealy pharmacy, the pharmacist will clearly explain how to use the prep kit.

Do I need a prescription for the prep kit?

If you use a Sharp Rees-Stealy pharmacy, you do not need a prescription. We will get the orders from your doctor while you are at the pharmacy. If you go to a different pharmacy, you will need a prescription. The cost of the prep kit will depend on your health insurance prescription benefits.

Do I have to drink ALL of the prep solution?

Yes, you need to finish all of the prep solution. National studies show that the most effective way to cleanse the colon is to take the entire bowel preparation solution in two separate doses. This will help make sure the colon will be fully cleaned and reduce the need to reschedule or repeat your procedure.

Do I need to be at home to drink the prep solution?

It is best to be at home when you begin the prep solution; bowel movements typically start very quickly.

If I take a lot of medications, do I stop them all?

Please take all of your medications as prescribed by your other physicians, unless specifically instructed otherwise or as outlined earlier in this packet. See page 6 for complete medication information.

Can I have other fluids that are not "clear"?

The general rule is: if you can see through it, you can have it. You should stay well-hydrated while drinking the prep. Please feel free to have as much of the clear liquid diet the night before as you can tolerate.

What should I do for anal discomfort?

Diaper rash creams or petroleum jelly can be applied to the affected area. Non-alcohol wipes can be used for cleansing.

Why do I need a ride home?

Medications commonly given during a colonoscopy can temporarily impair judgment and coordination.

When can I return to work and normal activity?

You should be back to normal the day after your procedure.

Sharp Rees-Stealy Pharmacy Locations

Sharp Metro

8010 Frost Street, Suite 102
San Diego, CA 92123
858-939-4500

Sharp Rees-Stealy Chula Vista

525 Third Ave.
Chula Vista, CA 91910
619-420-7120

Sharp Rees-Stealy Downtown

300 Fir Street
San Diego, CA 92101
619-446-1512

Sharp Rees-Stealy La Mesa

5525 Grossmont Center Drive
La Mesa, CA 91942
619-644-6650

Sharp Rees-Stealy Otay Ranch

1400 East Palomar St.
Chula Vista, CA 91913
619-397-3072

Sharp Rees-Stealy Rancho Bernardo

16899 West Bernardo Drive
San Diego, CA 92127
858-521-2290

Sharp Rees-Stealy San Diego

2929 Health Center Drive
San Diego, CA 92123
858-939-6540

Sharp Rees-Stealy Santee

8701 Cuyamaca Street
Santee, CA 92071
619-568-8050

Sharp Rees-Stealy Sorrento Mesa

10243 Genetic Center Drive
San Diego, CA 92121
858-526-6080

Sharp Rees-Stealy San Diego

2929 Health Center Dr., San Diego, CA 92123
858-939-6531

Directions from I-163 traveling south

Exit Genesee Avenue, turn left/east

Turn left on Health Center Drive

Pass Vista Hill Avenue

The medical center is on the right, just before you get to the parking structure

Turn right at the entrance to Sharp Rees-Stealy San Diego Medical Center

Turn right at your first opportunity

Patient parking is located in surface lot South of the Sharp Rees-Stealy building

Directions from I-163 traveling north

Exit Genesee Avenue, turn right/east

Turn left on Health Center Drive

Pass Vista Hill Avenue

The medical center is on the right, just before you get to the parking structure

Turn right at the entrance to Sharp Rees-Stealy San Diego Medical Center

Turn right at your first opportunity

Patient parking is located in the surface lot south of the Sharp Rees-Stealy building

Directions from I-805 traveling north

Exit Mesa College Drive/Kearny Villa Road, turn left/west

Turn left on Health Center Drive

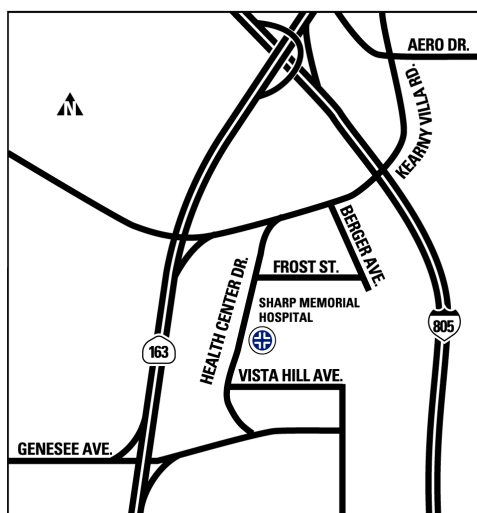
Pass Frost Street

The medical center is on the left, just past the parking structure

Turn left at the entrance to Sharp Rees-Stealy San Diego Medical Center

Turn right at your first opportunity

Patient parking is located in the surface lot south of the Sharp Rees-Stealy building



Directions from I-805 traveling South

There is no south-bound exit from the I-805 freeway. It is best to transfer to I-163, and then follow those directions to the medical center.

Parking

Free parking is available in the south lot next to the building.



Sharp Rees-Stealy Scripps Ranch

10672 Wexford Street, Suite 202, San Diego, CA 92131
858-621-4145

Directions from I-15 traveling north

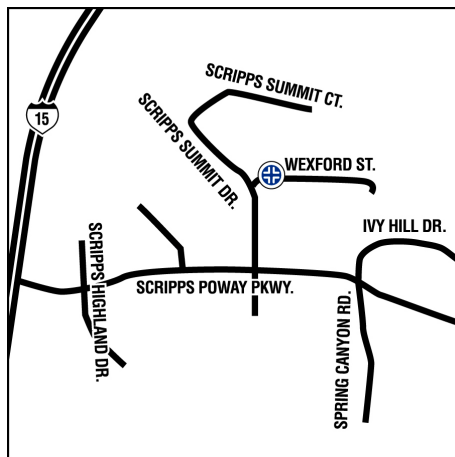
Exit Scripps Poway Parkway and turn right/east
Turn left onto Scripps Summit Drive
Turn right onto Wexford Street and the facility will be on the left side
For Gastroenterology, turn left immediately in parking lot

Directions from I-15 traveling south

Exit Scripps Poway Parkway and turn left/east
Turn left onto Scripps Summit Drive
Turn right onto Wexford Street and the facility will be on the left side
For Gastroenterology, turn left immediately in parking lot

Parking

Free parking is available in the lot along the building.



If you experience problems during your preparation or have any questions, please call **858-621-4145** for the Scripps Ranch location.