

Follow these steps to help ensure a successful procedure...

1. **Answer** the pre-procedure screening questions located to the right.
2. **Verify insurance benefits.** We highly recommend you contact your insurance company to verify your coverage and network status. The phone number for Member Services should be on the back of your card.
3. **Arrange for transportation** following your procedure; you will not be permitted to drive afterwards because of the sedation used during the procedure.
4. **Stop all iron supplements, aspirin or other pain medication** (except Tylenol®) for 5 days before your procedure or as directed by our office. You may be given further instructions following your procedure.
5. **Follow the bowel cleansing prep and clear liquid diet instructions located to the right.** It is very important that your colon is entirely clean for your examination.

Preparing for Your Colonoscopy

Using the NuLyteLy®, GaviLyte®, GoLYTELY® Bowel Cleansing Kits

Pre-Procedure Screening Questions:

- | Yes | No | |
|--------------------------|--------------------------|---|
| <input type="checkbox"/> | <input type="checkbox"/> | Do you have a history of heart valve surgery/replacement or other condition that requires antibiotics? |
| <input type="checkbox"/> | <input type="checkbox"/> | Do you have diabetes? If Yes, you must be scheduled early in the morning. <i>Do NOT take insulin, diabetes pills or eat until after the examination.</i> |
| <input type="checkbox"/> | <input type="checkbox"/> | Are you taking aspirin*, anti-inflammatory pain relievers, Coumadin®, or other blood thinners? If yes, you will be given start and stop times. <i>*Daily 81 mg aspirin is OK to continue.</i> |
| <input type="checkbox"/> | <input type="checkbox"/> | Do you need a prescription for your bowel cleansing kit?
If you answered "Yes" to any of the above questions, please call 218-724-3411 for further instructions. |

Five (5) Days Before Your Procedure:

- ✓ Purchase prep kit from your pharmacy.
- ✓ Stop all iron supplements.
- ✓ Follow special medication instructions given by our office based on your answers to the pre-procedure screening questions above.

The Day Before Your Procedure:

All Day **DRINK CLEAR LIQUIDS ONLY (NO SOLID FOODS)** including plenty of water to remain hydrated throughout the cleansing process.
Acceptable clear liquids include: Strained fruit juices without pulp (apple, white grape, lemonade); water; clear broth or bouillon; coffee or tea; Gatorade®; carbonated and noncarbonated soft drinks; Kool-Aid® (or other fruit-flavored drinks); Jell-O® (without added fruits or toppings; and popsicles.
NOT allowed: Red or purple liquids, solid foods, milk/milk products, alcohol

6 PM 1st Dose: Drink (1) 8-ounce glass of prep cleansing fluid every 15 minutes until you've finished drinking 10 glasses of solution. Keep remaining solution refrigerated for the 2nd dose.

The Day of Your Procedure:

4 Hours Before Registration Time: 2nd DOSE: Drink (1) 8-ounce glass of prep cleansing solution every 15 minutes until you've consumed the remaining solution.

Other Instructions:

- ✓ Regular medications may be taken as directed by our office up to two hours prior to your appointment and with just enough water to swallow comfortably.
- ✓ No diabetes medications or solid foods until after your procedure.
- ✓ If you are scheduled at Lakewalk Surgery Center, please visit our website at www.northlandgastro.com to view the *Ownership Disclosure* notice to patients.