

## COLONOSCOPY PREP - 2 DAY GOLYTELY/Magnesium Citrate

**\*\*Please read through this entire document completely to ensure you have all important information regarding your procedure\*\***

### **\*\*Important notices\*\***

#### **-Arrival time is 1 hour prior to procedure time**

- It is the responsibility of the patient to ensure we are within your insurance network. Please call the number on the back of your insurance card to verify insurance coverage prior to your appointment to avoid receiving an unplanned bill amount.

- Please note that we require 48 hour notice for cancellation and rescheduling. Appointment changes made within 48 hours notice may be subject to cancellation fees.

- You will be receiving an email/text prior to your appointment date to complete your registration. Please complete this PRIOR to your appointment time to decrease wait time at check-in.

- Be sure you have a driver as well as a responsible adult to be with you for 24 hours after your appointment. We **cannot** accept Uber/Lyft or other **non**-medical ride share/taxi services as an acceptable form of transportation. If you come to your appointment without acceptable transportation; your appointment WILL be canceled.

- Balances and Co-pays are due at time of check in; if we are unable to collect payment, your appointment may be canceled.

- If you have a remaining deductible with insurance, you may receive a call from our business office to inform you of the amount due. This MUST be taken care of at check-in time the day of your appointment.

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### **In Preparation:**

1. At your pharmacy buy one gallon of Golytely which is a prescribed medication and will be sent to your pharmacy. Also purchase 2 bottles of Magnesium Citrate over-the-counter.
2. Stop taking iron one week before the day of your procedure.
3. If taking a blood thinning medication; typically, we like Coumadin (Warfarin) and Plavix (Clopidogrel) to be stopped 5 days prior to procedure. Eliquis, Xarelto, and Pradaxa are held 2 days prior to procedure. If you are on Coumadin or Warfarin, an INR will be checked prior to your procedure at the facility.
4. Do not take Aspirin the day of your procedure.
5. Hold injectable weight loss or diabetic medications such as Wegovy, Mounjaro, Ozempic, etc. 1 week prior to procedure.

### **7 Days Before Your Procedure:**

1. Discontinue fiber supplements or medications containing iron. This includes multivitamins with iron, Metamucil® and Fibercon®.

### 3 Days Before Your Procedure:

1. Stop eating all high-fiber foods and begin a low-fiber diet. A low fiber diet helps make the clean out more effective.

### 2 Days Before Your Procedure:

#### 1. Begin Clear liquid diet (The ENTIRE Day) \*\*\*NO SOLID FOODS\*\*\*

Examples of a Clear Liquid Diet:

- Water: drink at least 8 glasses of water during the day
  - Clear broth or bouillon
  - Gatorade®, Pedialyte® or PowerAde® (No red or purple)
  - Carbonated and non-carbonated soft drinks (Sprite®, 7-Up®, Ginger ale)
  - Strained fruit juices without pulp (apple, white grape, white cranberry)
  - Jell-O®, popsicles, hard candy (No red or purple)
  - No red/purple liquids; No alcohol; No dairy products or creamer.
2. At **5pm** drink one (1) bottle of Magnesium Citrate.

### 1 Day Before Your Procedure:

1. Continue clear liquid diet. No solid foods. **Make sure you are well hydrated during the day before starting the Golytely. \*\*\*NO BROTH AFTER STARTING GOLYTELY PREP\*\*\***
2. To mix the Golytely, follow the directions on the bottle.
  - a. Prep may taste better chilled. This may make you feel cold.
  - b. You may add Crystal Light (lemon flavor) or sugar-free powdered lemonade mix. Do not use mixtures with sugar or that are dark colored. Begin drinking the **Golytely at 4:00 P.M.** and drink an 8 oz. glass every 10-20 minutes over the next 2-4 hours until the ENTIRE gallon is gone. If you begin to feel nauseated from drinking so much so fast, you may slow the time down to 8 oz. every 20-30 minutes.
3. Its best to drink each glass quickly rather than drinking small amounts continuously. You may feel bloating and nausea while taking the prep.
4. Be sure to take ALL of the Golytely. The procedure may be aborted if prep is not completed or poor.
5. 30 mins after finishing the Golyte prep, drink the 2<sup>nd</sup> bottle of Magnesium Citrate.
6. You will have many loose bowel movements. The stool should be clear and light in color.
7. Any medicine taken within 1 hour of starting to drink the Golytely will be flushed out of your body by the prep.
8. Nothing to drink after midnight the night before the procedure (including water).

### Day of Procedure:

**\*No chewing tobacco, gum, mints, candy etc. \***

1. Arrive for your procedure at the scheduled **ARRIVAL** time – unless you were unable to complete online pre-registration. **Bring** a list of your current medications, your insurance card(s), and your drivers license; or your procedure may be canceled.

2. Your driver is welcome to come in and wait with you until you are taken to the intake area, once you are taken back your driver may leave at any time. A nurse will call your driver when you are in recovery. Inform your driver they should check in at the front desk once they receive the call. They will be escorted back to you.
3. You **CANNOT** drive a car, take a taxi, Lyft, Uber, or take a bus home. Your procedure will be canceled and rescheduled for a later date if this is not prearranged.
4. **\*If accompanying a minor you must stay in the facility the whole time of the appointment\***
5. You can expect to be in recovery for around 30 – 45 minutes. Expect to feel a little groggy after your procedure.
6. Plan to be at the surgery center for 2-3 hours. **\*Wait times may vary\***

You will be provided with discharge instructions prior to departure.

**Please call us at 952-368-3800 for any questions before or after your procedure.**

**Bhatti Surgery Center:**

**1447 White Oak Dr, Chaska MN 55318**

(First door closest to the entrance of the parking lot)

**Southdale Specialty Surgical Center:**

**6500 Barrie Rd. (Level 3) Edina MN, 55435**

(park in level 1 parking ramp – entrance in far right corner)

**\*\*Note: We try our best to keep your scheduled time; however, there may be a situation when we may need to change your procedure time; wait times may also vary. We try our best to stay on schedule for all patients, however we cannot anticipate if some patients may need more treatment than others. Please be patient with our reception and nursing staff as wait times may vary.**

**PREP CHECKLIST:**

	Pick up Golytely prep from Pharmacy 2 Bottles of Magnesium Citrate (Over-The-Counter)
	Call your insurance to verify Bhatti GI Consultants is within network
	Set up a driver
	Watch for pre-call from nursing to discuss medical history and procedure information