



COLONOSCOPY PREP- GOLYTELY PREPARATION

AT WATSONVILLE COMMUNITY HOSPITAL

75 Nielson ST. Watsonville, CA 95076

Name:

Date of Exam:

Arrival Time:

Procedure Time:

Ali Khademi, D.O.
Board Certified
Gastroenterologist

4145 Clares Street
Suite A
Capitola, CA 95010
Phone: 831-662-9999
Fax: 831-662-9998

All endoscopies are done at the special procedures department at Watsonville Hospital. Please call us at **831-662-9999** at least 2 business days in advance if you need to reschedule or cancel your appointment to avoid a late cancellation fee of \$100.

REMEMBER: You will need someone with you to accompany/drive home after the exam, as you will be given medications for sedation; failure to do so will result in cancellation of procedure.

7 DAYS BEFORE: Do not take Iron, Aspirin, Advil, Motrin, Aleve, Fish Oils, Ibuprofen, Indocin or other Anti-Inflammatory medication, or Blood thinners. Tylenol is Ok to use if you have pain. Stop Alcohol 24 hours before procedure.

- **THE DAY BEFORE:**

- You must only have clear liquids for the entire day and night.
Do NOT eat any solid food the entire day before your colonoscopy.
- The clear liquid diet consists of clear broth, black coffee(no cream, milk or sugar), tea (no milk), clear juices (apple), water, and yellow Jell-O.
- **DO NOT DRINK ANYTHING RED OR PURPLE.**

GOLYTELY PREP:

- **6PM-8PM THE NIGHT BEFORE:**

- Begin drinking Golytely as follows: Drink half the gallon.
- CONTINUE THE CLEAR LIQUID DIET: It is important to stay well hydrated.

STOP ALL LIQUIDS BY MIDNIGHT.

- **ON THE MORNING OF THE EXAM:**

- At 5 AM, drink the entire remainder of Golytely.
- Do **NOT** eat or drink anything other than your regular medication unless told not to do by your physician.
- Any diabetic medications must be taken after the procedure.
- Go to "SPECIAL PROCEDURES" at the Hospital to register.
- Do **NOT** wear jewelry/valuables.
- There will be three separate charges: Physician, Facility, and Laborator charge (If applicable)