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## COLONOSCOPY INSTRUCTIONS WITH GOLYTELY PREPARATION

Patient Name: \_\_\_\_\_

Procedure Date: \_\_\_\_\_ Arrival time: \_\_\_\_\_

### LOCATION

CEDAR SINAI MEDICAL CENTER  
South Tower, GI Lab, 7th floor  
8700 Beverly Blvd  
Los Angeles, CA, 90048  
(310) 423-6146

SURGERY CENTER OF BEVERLY HILLS  
8750 Wilshire Blvd., Ste. 150  
Beverly Hills, CA 90211  
(424) 382-1137

### **OTHER INSTRUCTION:**

1. FOR SEVEN (7) DAYS PRIOR TO YOUR PROCEDURE PLEASE DO NOT TAKE ANY **Aspirin, Motrin, Advil, Aleve, Ibuprofen, anti-inflammatory medications, Ticlid, Ginko Biloba, St. John's wort, vitamin E, and vitamins containing iron.** Instructions for **Plavix, Coumadin, Eliquis, Aggrenox, Pradaxa** and **Xarelto** should be given by your primary doctor.
2. You may take high blood pressure and/or heart medication the morning of the procedure with a small sip of water, three hours prior to your scheduled procedure. Patients taking insulin must obtain instructions from your primary doctor.
3. Please arrange for a person that will be responsible for you, to drive you to the center and drive you home after your procedure. **DO NOT DRIVE YOURSELF.** No taxi cabs, car services, Uber, Lyft, or public transportations.

Please ensure you have a follow-up appointment 2-3 weeks after your procedure date.

**\*\*OVER\*\***

## **DAY BEFORE EXAMINATION**

Drink clear liquids **ONLY** the day before procedure. **NO SOLID FOODS.** The following is a list of clear liquids that you may have: water, apple juice, white cranberry juice, white grape juice, Gatorade (no red/blue/purple), tea, black coffee (no milk/creamer), chicken or vegetable broth, Jello (no red/blue/purple), ice popsicles (no red/blue/purple), soft drinks (no red/blue/purple), hard candy (no red/blue/purple).

## **HOW TO USE GOLYTELY**

This product can be mixed with water, lemonade, cola, and drink with a straw. Read and follow all directions with the product package to mix this product. After mixing, place the container in the refrigerator until ready to drink. Chilling the mixed liquid will improve its taste. Do not drink with ice. It is best to drink the mixed liquid quickly instead of sipping slowly.

At 5:00pm, the day before procedure, start the Golytely prep. Drink one 8 oz glass every ten minutes until the container is empty. You may experience some side effects such as nausea, abdominal cramping and vomiting. If this happens, stop drinking the Golytely and wait 30 minutes then resume the prep.

**DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT INCLUDING WATER.**

## **COVID-19 PROTOCOL**

If you are having your procedure done at the **Surgery Center of Beverly Hills** and have been **fully vaccinated**, please **bring proof of vaccination** to your scheduled procedure. If you are **not fully vaccinated**, then a **COVID-19 test is required** 3 days prior to your procedure.

If you are having your procedure done at **Cedars Sinai Medical Center**, Cedars will contact you directly to schedule a **drive-thru COVID test** prior to your procedure.