

## North Hills Endoscopy Center

3344 N. Futrall Dr.  
Fayetteville, AR 72703  
(479)582-7280

The following instructions are to be followed so that you will have a clean bowel on the day of your colonoscopy. This is very important for adequate examination. **If these instructions are not followed, your procedure may be canceled.**

NOTE: Do not mix Golytely until ready to drink. You will be splitting it in 2 doses, drinking one half the day before and the other half the day of your procedure.

### **One week before your scheduled procedure:**

- Please do not take any iron or iron supplements (multivitamin is OK).

If you have any of the following conditions, please call our office to speak with a nurse prior to your appointment.

- If you are on Coumadin, Ticlid, Plavix, Lovenox or any other prescribed blood thinners.
- If you are allergic to latex. This does not include a latex sensitivity, such as tape.
- If you have an internal defibrillator.

### **The day before your exam:**

- You will be on a clear liquid diet from the time you get out of bed (this consists of 7up, coke, broth, strained soup, coffee, juices that are pulp free, etc. Also, you may have Jell-O and popsicles, but avoid cherry and strawberry because of the red dye that will stain the colon).
- **DO NOT CONSUME ANY SOLID FOODS OR MILK PRODUCTS THE DAY BEFORE OR THE DAY OF THE EXAMINATION.**
- If you are diabetic and you take Insulin, take ½ dose the day before your procedure. If you take oral diabetic meds, you may take the full dose the day before. Also make sure you have some liquids WITH sugar in them as well as the sugar-free varieties.
- At **5:00pm** on the day before your exam you will begin drinking **Golytely**. Drink an 8oz glass every 15 minutes until half of the container is gone (approximately 8 glasses). This tastes better if it is chilled and has a slice of lemon or lime in it. If nausea occurs, stop Golytely for 1 hour, then resume drinking 8oz every half hour. An over the counter Dramamine can be used if needed to reduce the nausea. Refrigerate the remainder of the prep solution.
- Follow this first half of the prep with 2 **dulcolax** tablets (these are purchased over the counter at your pharmacy).

### **The day of your exam:**

- At **4:30am** on the day of your exam, start drinking the last half of the Golytely bowel prep. Drink an 8oz glass every 15 minutes until the remaining prep solution is gone.
- **If you are diabetic please take a blood sugar the morning of your procedure and bring that number to the center with you.**
- **DO NOT** take any of your diabetic medications the morning of your procedure.
- Please take any medications **for your heart or blood pressure** with a small sip of water on the morning of your procedure.
- You will not be able to work, drive, or make any business decisions the day of your procedure.
- You may have clear liquids the morning of your procedure up to **2 hours prior** to your arrival time.

**\*\*\*DO NOT DRINK ANYTHING FOR A FULL TWO HOURS PRIOR TO YOUR ARRIVAL!\*\*\***

**\*\*\*DO NOT USE CHEWING TOBACCO OR SNUFF FOR 6 HOURS PRIOR TO YOUR PROCEDURE!\*\*\***

**DO NOT SMOKE TOBACCO OR MARIJUANA PRODUCTS AFTER MIDNIGHT THE DAY OF YOUR PROCEDURE!**

It is our policy that you have an adult driver to take you home after the procedure. If you do not have a driver, your procedure will have to be canceled or done without sedation. Taxi services are not acceptable unless you have someone to ride with you. Out of courtesy to other patients waiting for appointment availability, please note that we have a 3 business day cancellation policy. **All other cancellations/no shows may be subject to a \$50.00 cancellation fee.**

Please report to North Hills Endoscopy Center at 3344 N. Futrall Dr. North Hills Endoscopy Center is located inside of the Fayetteville Diagnostic Clinic. If you have any questions, please feel free to call our scheduling dept. at (479)582-7289.

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Your appointment is: **DATE:**\_\_\_\_\_ **TIME:**\_\_\_\_\_ (Arrive 45 minutes prior to appt)