

## NORTH VALLEY GASTROENTEROLOGY MEDICAL GROUP Ken W. Chow, M.D., Siva P. Doma, M.D., Alex P. Kim, D.O., Ashwani Kapoor, M.D. 870 SHASTA STREET, SUITE 200, YUBA CITY, CA.95991 PHONE (530) 671-3671

YOUR PHYSICIAN:

☐ DR. CHOW

☐ DR. DOMA

☐ DR. KIM

☐ DR. KAPOOR

## COLYTE OR TRILYTE PREPARATION SCHEDULE

Patient Name:		Date of Procedure: _	Time:
Place:	☐ The Endoscopy Center	Repost Calyte or Telly	☐ Rideout Memorial Hospital

## IF YOUR PROCEDURE IS AT THE ENDOSCOPY CENTER: PLEASE READ RIGHT AWAY!

- 1. YOU MUST BRING A LIST OF ALL MEDICATIONS (PRESCRIPTION, OVER THE COUNTER, VITAMINS, HERBS, AND DIETARY SUPPLEMENTS). This list must include the medication name; dose (how much you take-one tablespoon, 10mg, 2 puffs); Frequency (how often you take the medication, every morning, every evening, twice a day, once a week, as needed). If you do not have your medication list your procedure will be postponed while you go home and get the list or rescheduled for another time.
- 2. Call your insurance company to verify benefits at The Endoscopy Center.
- 3. Please do not arrive any earlier than your scheduled time, as a bed may not be available. Doors open at 6:30am.
- 4. Your procedure will start approximately 30 minutes after your scheduled arrival time.
- 5. Your length of stay will be approximately 2 hours.
- 6. If you wear reading glasses, please bring them. You need them to read your consent and discharge instructions.
- 7. Wear comfortable clothing- you will be given a patient gown to wear for the procedure.
- 8. It would be best to leave your valuables at home.
- 9. If you normally wear a pad for urine or stool incontinence, you may want to do so after the procedure.

## SPECIAL INSTRUCTIONS AND RESTRICTIONS:

- 1. A. NO ASPIRIN, 7 days prior to or 2 weeks after procedure. This includes all Alka-Seltzer + Arthritis medications (e.g. Advil, Motrin, Plavix, Fish Oil, Omega 3's, Gingko biloba, etc.) unless cleared by your doctor.
  - B. Tylenol is allowed. Let your doctor know if you are on any blood thinners such as Coumadin.) PLEASE CALL TO CLARIFY ANY QUESTIONS.
- 2. ON THE DAY OF YOUR PROCEDURE TAKE ALL YOUR BLOOD PRESSURE AND HEART MEDICATIONS as prescribed with a small drink of water.
- 3. If you take INSULIN, take only as directed by your Dr. for that day.
- 4. If you take a PILL to control your BLOOD SUGAR, DO NOT TAKE it until after your procedure.
- 5. Please bring only ONE person as space is limited. CHILDREN ARE NOT ALLOWED.
- 6. YOU WILL NEED A DRIVER the day of your procedure and someone to stay with you. You will be sedated for your procedure and likely to be sleepy. You MUST NOT DRIVE (it is illegal and unsafe),

- operate machinery, use stove/oven, make important decisions, or sign important papers for 24 hours. (We can not send you home in a taxi.)
- 7. Your Physician will speak to you and your driver between procedures. Because of the medication you may not remember your doctor talking to you. This makes it very important that your driver be present to hear what the doctor has to say.

Two Days Before Exam: Mix (and refrigerate if desired) COLYTE according to the directions.

Day Before Exam:

Clear liquids only.

⇒ Clear liquids or broth may be taken all day long. Black coffee, tea, soda, juice, popsicles, or Jell-O are allowed.

NO MILK OR MILK PRODUCTS-NOTHING COLORED RED!!!

From 12 P.M. until 2 P.M. \*DAY BEFORE THE TEST\*: Have nothing at all.

At 2 P.M. \*DAY BEFORE THE TEST\*: Start drinking the CoLyte, 1 eight ounce every 10-20 minutes until you finish 2 liters.

At 3:30 A.M. \*MORNING OF THE TEST\*: Repeat Colyte or Trilyte until mixture is finished.

You may have a clear liquid diet until midnight, then NOTHING TO EAT OR DRINK AFTER MIDNIGHT!

If you vomit or can't drink the entire gallon of the CoLyte preparation, please call the office at 671-3671.

PLEASE DO NOT WAIT UNTIL THE MORNING OF THE PROCEDURE TO CONTACT THE DOCTOR

IF YOU HAVE ANY PROBLEMS OR QUESTIONS!!! Please call us ANYTIME at 671-3671