



# COLON AND RECTAL CENTER OF ARIZONA

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*A member of Arizona Associated Surgeons*

**Your Appointment:** Time & Date \_\_\_\_\_

- \_\_\_ Surgicenter 1040 E McDowell Phoenix, AZ 85006 / 602-258-8687
- \_\_\_ St. Joseph's Hospital 350 W. Thomas Rd Phoenix, AZ 85013 / 602-406-3533
- \_\_\_ Banner Thunderbird Outpatient 5555 W. Thunderbird Rd Glendale, AZ 85306 / 602-865-5513
- \_\_\_ Boswell Hospital 10401 W. Thunderbird Rd Sun City, AZ 85305 / 623-876-5334
- \_\_\_ Arrowhead Hospital 18701 N 67<sup>th</sup> Ave Glendale, AZ 85308 / 623-561-1000
- \_\_\_ Arrowhead Endoscopy/Pain Treatment Center 18699 N 67<sup>th</sup> Ave Glendale, AZ 85308 / 623-376-8600
- \_\_\_ Banner Estrella Outpatient 9301 W. Thomas Rd Phoenix, AZ 85037
- \_\_\_ JCL Deer Valley Hospital 19829 N 27<sup>th</sup> Ave Phoenix, AZ 85027 / 623-879-6100
- \_\_\_ JCL Deer Valley OP Endo 19646 N 27<sup>th</sup> Ave Phx, AZ 85027 / 623-879-6100

### Colonoscopy Bowel Prep Instructions-**Golytely (Colyte)**

You are scheduled to have a colonoscopy, which requires a thorough cleansing of the colon prior to the procedure. **You will be given a prescription for Colyte.** You will need to pick up your prescription at least two days prior to your colonoscopy. The process will require that you follow the instructions listed below very carefully. If you have any problems or questions, please call our office.

- You will be on a **CLEAR LIQUID DIET ONLY STARTING THE DAY BEFORE YOUR PROCEDURE**- For breakfast, Lunch, and Dinner you may drink only clear liquids: Gatorade, tea, coffee, apple juice, white grape juice, pop, clear broth, popsicles, plain Jell-O and water. (NOTHING THAT HAS RED OR PURPLE ARTIFICIAL FOOD COLORING) NO SOLID FOOD CAN BE CONSUMED UNTIL AFTER YOUR COLONOSCOPY
- It is important that you drink extra fluids while on your liquid diet. Drink at least 8 ounces of liquid every hour.
- You will begin drinking your Colyte as directed between 2 and 4 pm the day prior to your procedure.
- You may continue to drink liquids up until 4 hours prior to your colonoscopy.
- **Stop taking liquids 4 hours prior to your appointment time. Nothing to eat or drink 4 hours prior to your scheduled colonoscopy.**

The bowel preparation will cause you to have diarrhea – your goal is clear “stools” with little or no particulate matter.

DO NOT SKIP IMPORTANT MEDICATIONS! If you normally take your medications in the morning, do so with a small sip of water. If you are scheduled to have your second dose of Colyte the morning of your procedure, take any medications after that dose.

DO NOT TAKE ASPIRIN OR BLOOD THINNERS FOR 7 DAYS BEFORE YOUR COLONOSCOPY UNLESS YOU HAVE CLEARED THIS WITH YOUR SURGEON! YOUR PROCEDURE MAY BE CANCELLED!

Because of the anesthetics that you will be given, **you MUST arrange to be accompanied and driven home by a friend or relative after your colonoscopy.** Plan to be at the facility for at least 2 hours. You must arrive one hour prior to the scheduled time. You cannot drive or make legal decisions for the remainder of the day.

If you are scheduled for a “SCREENING COLONOSCOPY” and the doctor finds/biopsies/removes any polyps, your colonoscopy will be billed as a “DIAGNOSTIC COLONOSCOPY”. This may result in a higher patient out-of-pocket expense, depending on your insurance.

**If the doctor takes a biopsy** during the exam, we will call you with the results. If you have not heard from our office within one week, please call us.

If you have any questions or concerns you may call the office at the numbers above. After hours, the office message will refer you to an emergency contact number.

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