

North Coast Endoscopy, Inc.

Ahmad Ascha, M.D., 9500 Mentor Avenue, Suite 380, Mentor, Ohio 44060 Phone #: 440-352-9400

Colonoscopy Preparation with Golytely® (4 liters) and two Dulcolax® tablets.

Date: _____ Patient Name: _____

You are scheduled for a Colonoscopy at North Coast Endoscopy Suite # 380 in the Lake Ambulatory Care Center on _____ at _____ a.m./p.m. **PLEASE ARRIVE AT THE OFFICE AT _____ a.m/p.m.**

Please let our office know at least 5 days in advance if you are regularly taking aspirin, blood thinners or Coumadin®. DO NOT TAKE ANY OF THE FOLLWING FOR FIVE (5) DAYS BEFORE THE PROCEDURE: Aspirin, Motrin®, Ibuprofen®, Advil®, Aleve®, Excedrin or most arthritis medications. You may take Tylenol® if needed.

THE DAY BEFORE THE PROCEDURE

From the time you wake up in the morning until 3:00 p.m.:

1. NO SOLID FOOD AND NOTHING WITH RED DYE. The ONLY items you may have are black coffee, tea, orange juice with NO pulp, apple juice, bouillon/broth, water, clear pop (Ginger Ale or Sprite), and any kind of jello or popsicles AS LONG AS THEY ARE NOT RED.

From 3:00 p.m. until Midnight:

1. (All above items are off limits except for plain water). At 3:00 p.m. you will begin drinking the Golytely®.
2. After finishing all of the Golytely®, wait two (2) hours and then take the two (2) Dulcolax® tablets.
3. NOTHING BY MOUTH AFTER MIDNIGHT UNTIL AFTER YOUR PROCEDURE TOMORROW.

THE DAY OF THE PROCEDURE

From the time you wake up in the morning until after your procedure is over:

1. NOTHING BY MOUTH (THIS INCLUDES WATER) UNTIL AFTER YOUR PROCEDURE. (You may brush your teeth the morning of the procedure, but do not swallow water)
2. You must have a driver to take you home from the procedure. A friend/family member must sign you out and public transportation is NOT allowed (Ex: Laketran). You are not allowed to drive the entire day of your procedure. Your driver **MUST** return within **one** (1) hour of drop off in our office (#380).
3. Please arrive at the above specified time. You could possibly be here up to three (3) hours total.

(Also, make sure to drink plenty of water throughout the day!)

It is very important for you to keep your appointment on the scheduled date. Please cancel for true emergencies only. Thank you for your cooperation. Please call us between the hours of 9-5 if you have any questions. Thank you.