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COLONOSCOPY INSTRUCTIONS:

PROCEDURE DATE: _____

PROCEDURE TIME: _____

PROCEDURE LOCATION:

- **ALASKA DIGESTIVE CENTER:** 4048 LAUREL ST. STE. 103A, ANCHORAGE, AK 99508
907-563-1750

- **AK REGIONAL HOSPITAL:** 2801 DEBARR ROAD, ANCHORAGE, AK 99508
907- 264-1952

- **PROVIDENCE DAY SURGERY:** 3220 PROVIDENCE DR., ANCHORAGE AK, 99508
907-212-3149

PLEASE CHECK INTO THE ASSIGNED FACILITY AT: _____

YOU MUST CALL TO PRE-REGISTER 3 DAYS PRIOR TO THE FACILITY.

Please make sure you have a ride to and from the facility. You may NOT take a taxi, bus or shuttle alone.

Please note there are separate doctor's fee, facility fees and pathology fee.

- Avoid eating seeds and nuts 5 days prior to your procedure.
- Blood-thinning medications (e.g., Coumadin, Warfarin, Plavix, and Aspirin products) may need to be discontinued for up to 5 days prior to your procedure. Please consult your doctor.
- You may continue taking any prescribed medications (e.g., blood pressure pills) as usual.
- **Type I & II Diabetic Patients-** If you take insulin, take only half of your usual dose the night before and half the morning of your appointment.

FASTING INSTRUCTIONS

You will begin clear liquids the whole day before your procedure; **NO SOLID FOODS**

You may consume the following:

- Gatorade products, please exclude any red, purple or blue products
- Juices without pulp (e.g., apple juice, white cranberry)
- Chicken or beef broth
- Coffee or teas; no dairy products, honey and sugar okay
- Popsicles, no fruit chunks
- Soft drinks (e.g., cola, root beer, sprite)
- Jello, avoid red, purple or blue coloring
- WATER

GoLyte / GaviLyte

What you will receive from your pharmacy:

- One-gallon powder packet or 4-liter bottle

Tip: Mix solution ahead of time and cool in refrigerator prior to drinking.

The evening before your procedure, at 5 pm:

1. Add drinking water into the bottle/gallon. You may add a Crystal Light powder packet to add flavoring if desired as long as it is not red, purple or blue in color.

Make sure to fill up to the designated line on the bottle.

Cap the bottle tightly and shake to dissolve the powder.

2. Drink about 8 ounces (1 glass) of the prep solution every 10-15 minutes until half of the bottle/gallon is empty.

You may use a straw.

Consume the solution slowly; it may make you sick if you drink it too quickly.

3. Refrigerate the remaining half of the solution

The day of your procedure: _____ at: _____

1. Drink the remaining half of the gallon/bottle.
2. Drink about 8 ounces (1 glass) of the prep solution every 10-15 minutes until the bottle/gallon is empty.

Please continue to consume clear liquids up UNTIL 2 hours before your procedure. Please stop all clear liquid intake at: _____

If you have any additional questions, please contact our office and our staff will gladly assist you.