



**GASTROENTEROLOGY SERVICE**  
**SAN ANTONIO MILITARY MEDICAL CENTER**  
**916-3647/5649**

YOUR PROCEDURE DATE FOR A COLONOSCOPY IS: \_\_\_\_\_ Physician: \_\_\_\_\_

REPORT TO THE GASTROENTEROLOGY CLINIC AT: \_\_\_\_\_

**1. TODAY:**

- a. Stop at the GI front desk and present this packet, you will then be directed to the scheduling office and the pre-admissions nurse.
- b. Your pre-admissions paperwork will be completed today.
- c. Pick-up your colonic preparation in the pharmacy on the 1st floor today

**2. THE DAY BEFORE YOUR PROCEDURE:**

You may have only **CLEAR LIQUIDS** (see attached example) **NO SOLID FOOD**

Take 10mg (two 5mg tablets) Dulcolax at noon the day prior to your procedure

**Colyte (PEG) Oral Preparation**

1. Mix 4L (about 1gallon) of water with the powder in the Colyte jug in the AM and place in the refrigerator.
2. At 4:00PM (1600), begin drinking the Colyte solution rapidly at a rate of one 8-ounce glass every 10 minutes. It is best to drink the whole glass rather than sips. The faster the half jug is consumed, the better. **Drink half a gallon over 2-3 hours.** For flavor, SUGAR-FREE, CLEAR (i.e. not red) Crystal Light® can be added. **DO NOT USE ANY SUGAR CONTAINING FLAVORING MIXES.**
3. After 1hour of starting the Colyte you should have your first bowel movement (The Colyte acts as a tidal wave to flush out your colon). After the prep is completed, your stools should be clear liquid. Please remain within easy reach of toilet facilities

**3. THE DAY OF YOUR PROCEDURE:**

- a. Five hours (5) before your procedure time, drink the remainder of the Colyte rapidly at the rate of one 8-ounce glass every 10 minutes.
- b. After completing the Colyte you are allowed only clear liquids and your routine medication; **absolutely nothing by mouth 3 hours before your procedure.**
- c. Report to the Gastroenterology Clinic at the time indicated above.
- d. Because of the sedation you will receive, you must have someone present with you in the waiting area during the procedure to then escort you from the clinic and drive you home after the procedure.
- e. If you have not arranged for someone to drive you home **your procedure will be canceled.**

**YOU ARE NOT TO DRIVE FOR 24 HOURS AFTER THE PROCEDURE**

For any questions, call the clinic at 916-3647/5649 between 0700-1600 hrs.



## GASTROENTEROLOGY SERVICE

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### Instructions for Gastroenterology Procedure Patients

1. Arrive at the Gastroenterology Clinic at the date and time indicated on page one
2. Please sign-in as soon as you arrive for the procedure appointment. Sign-in forms are located by the black box located on the right side of the clinic counter.
3. Patients are not always called into the procedure area in the order of arrival time. Please plan on a possible lengthy stay (i.e. 1-6 hours or longer)
4. Patients will be released ONLY if a responsible adult accompanies them.  
Patients who have had sedation may not drive for 24 hours and are required to have a driver before being released (notify the staff if you have not arranged for someone to drive you home and your procedure will be canceled). The driver must be present in the waiting area during the procedure. Patients are not allowed to leave the clinic unless released by the nurse.
5. Family members and friends may wait in the GI Clinic waiting area until the patient has been released from the recovery area. For safety reasons, we cannot allow visitors in our recovery area.

If after the procedure, you need to speak with the physician regarding concerns or discharge instructions, please inform the nursing staff or one of the front desk medical clerks.

Please do not hesitate to let us know if there is anything we can do to assist you. If there are any questions or concerns before, during, or after the procedure, please notify the nursing staff or front desk staff, and they will be happy to assist you.

Our Clinic hours of operations are Monday through Friday, 0700-1600 (7:00 a.m. – 4:00 pm)

# CLEAR LIQUID DIET EXAMPLES

**DO NOT** DRINK OR EAT ANYTHING **RED OR PURPLE**

SOLID FOOD, MILK, OR MILK PRODUCTS ARE **NOT** CONSIDERED CLEAR LIQUIDS

## **BEVERAGES:**

1. Soft drinks (ginger ales, Sprite®, 7-Up®, etc) Gatorade®, Kool-Aid®
2. Strained fruit juices without pulp (apple, white grape juice, lemonade, etc)
3. Water, tea, and coffee (no milk or non-dairy creamer)

## **SOUPS:**

Low sodium chicken or beef bouillon/broth

## **DESSERTS:**

1. Hard Candies
2. Non-red Jell-O® (lemon or lime, no-fruit toppings)
3. Non-red popsicles (no sherbet bars)