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1 WEEK BEFORE YOUR PROCEDURE:

- 7 days prior to your procedure stop taking aspirin or products with Aspirin, such as Excedrin, Anacin, Motrin, Advil, Ibuprofen, Nuprin, Aleve, or Naprosyn. (Tylenol is OK)
- If you are currently taking blood thinners such as Coumadin or Plavix, we will need to obtain a clearance from your Cardiologist or PCP prior to your procedure
- Continue taking all your medications unless told by your physician to stop

2 DAYS BEFORE YOUR PROCEDURE:

- No nuts, seeds, or salads

THE DAY BEFORE YOUR PROCEDURE:

- Do not eat any solid foods
- Follow a clear liquid diet then follow the colon cleanse prep instructions
- Nothing to eat or drink after midnight the night before your procedure **except** for your prep solution

THE DAY OF YOUR PROCEDURE:

- Take all current medications with a small sip of water **unless** you take oral diabetic medications
- **If you are currently taking oral diabetic medication, do not take your medication the morning of your procedure until the procedure is completed. Also if you take your own blood sugar, please take the morning of and report results to the nurse once you arrive**
- You must have a driver to take you home after your procedure, **you cannot take a Taxi or Scan without an adult riding with you.** Your procedure will be cancelled if you do not have your driver check in with you
- Wear comfortable loose clothing, and do not bring any valuables with you to your procedure
- Bring the following with you: ID card, insurance card, and most recent medication list

Clear Liquid Diet

The day prior to your colonoscopy you will follow the clear liquid diet below. It is important to drink at least 8 glasses of water or clear liquids during the day. **Do not drink anything Red or Purple.**

BEVERAGES

- WATER
- COCONUT WATER (**NOT** COCONUT MILK)
- PEDIALYTE
- WEAK COFFEE, TEA (NO MILK OR CREAMERS)
- FRUIT JUICES CLEAR ONLY (NONE DARK IN COLOR)
- KOOL-AID OR OTHER FRUIT FLAVORED DRINKS
- SPORTS DRINKS (GATORADE, POWERADE)
- SOFT DRINKS (7-UP, SPRITE, GINGER ALE, KOOL-AID, CRYSTAL LIGHT)

CLEAR SOUPS

- CHICKEN BROTH / CONSOMME
- BEEF BROTH/ BOUILLON
- VEGETABLE BROTH

DESSERTS

- JELL-O
- POPSICLES (NO SHERBERTS, FRUIT BARS WITH PULP)
- HARD CANDIES

Bowel Preparation for Colonoscopy with GoLyteLy Prep

GoLyteLy Solution is made up by dissolving the pack of powder provided in one gallon of water. Please follow instructions below:



The day prior to your colonoscopy

- Prepare your solution
- Pour contents of packet into container
- Add lukewarm water to bring volume up to one gallon
- Do not add any other ingredients, flavors etc.
- Shake/mix until completely dissolved
- The solution can be chilled in the refrigerator before drinking or you may drink at room temperature



At 6:00 p.m. the day prior to your colonoscopy

- Begin drinking 3 liters of GoLyteLy solution (3/4 of the bottle)
- Drink 8 ounces every 10 minutes until finished. If you feel nauseous, wait 30 minutes then continue drinking again 6 ounces every 15 minutes until done
- Refrigerate the remaining 1 liter (1/4 bottle)

5 hours prior to your procedure: AM/PM

- Drink the remaining 1 liter (the rest of the bottle) within 1 hour
- If needed you may sip a very small amount of water 3 hours prior to your procedure

You will still have loose bowel movements for about 1 to 2 hours after you finish drinking the solution. Your stool should be clear yellow in order to proceed with your procedure.