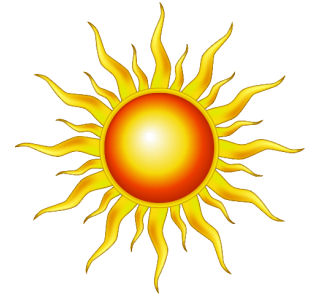


**Solstice Medicine & Wellness, LLC**

Gina Escobar M.D.  
475 Riverstone Way, Suite 2  
Fairbanks, AK 99709  
Phone: 456-6334  
Fax: 456-6336



Thank you for scheduling your upcoming colonoscopy. Please see below for the instructions that need to be followed prior to the procedure. If you have any questions or need to reschedule your procedure please contact the office at 456-6334.

**APPOINTMENT DAY:**

**LOCATION:** Surgery Center @ 2310 Peger Rd, Fairbanks

The Surgery Center will contact you with your arrival time for your procedure.

The Surgery Center will contact you to schedule a COVID test 48hrs prior to procedure. You'll have it done between 7:45am and 9:15am.

Please pick up your Golytely prescription at \_\_\_\_\_

**One Week Prior to Procedure:** Stop taking all anti-clotting agents or blood thinners such as:

- Aspirin
- Coumadin/ warfarin
- Plavix/ clopidogrel
- Ticlid
- Lovenox

If taking rivaroxaban or apixaban, please stop taking 48 hours prior to procedure.

If you are diabetic and taking insulin, please decrease your insulin dose by ½ while on a clear liquid diet and the morning of the procedure.

**Day Before Procedure:**

**Please confirm your ride/escort.** You need an adult escort the day of the procedure because sedation will be administered. You will **NOT** be allowed to take a taxi, bus, drive home, or walk unescorted.

- Reconstitute the Golytely with water and chill in the refrigerator. You may mix this with Crystal light **EXCEPT red/orange.**
- Light breakfast or clear liquid breakfast morning before procedure.
- Start your Golytely prep with a clear liquid meal by 4pm
- Drink 8 oz of mixed Golytely every 10-15 minutes for the entire gallon.
- You may continue with clear liquids until midnight.

\*Clear liquids include; water, bouillon, coffee, tea, broth, apple and orange juice. You may have jello, popsicles, and carbonated drinks that are not **red/orange** in color.

## **Day of the Procedure:**

\*It is common to have anal irritation and possibly a small amount of bleeding. Please make Dr. Escobar aware of these symptoms the day of the procedure.

- SKIP ALL medications this morning. You may continue your medications after the procedure.
- DO NOT eat or drink anything in the morning. If your bowel movements are not clear like weak tea, please notify the nurse at check-in.
- Wear comfortable clothing, bring your medications, glasses, and hearing aids.
- Please bring your escort.( No Cab or Uber)
- Please do not operate any heavy equipment or plan to work the day of the procedure. The sedation may take up to 24 hours to wear off.

Patient sign \_\_\_\_\_