

DATE OF PROCEDURE:

TIME OF PROCEDURE:

CHECK IN TIME:

DOCTOR'S OFFICE

**MICHELLE RANDOLPH
2741 DEBARR RD. BLDG C SUITE 402
ANCHORAGE AK 99507
(T) 907-222-5077
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PROCEDURE LOCATION:

<input type="checkbox"/> AK DIGESTIVE CENTER 4048 LAUREL ST #103A ANCHORAGE AK 99508 907-563-1750	<input type="checkbox"/> SURGERY CENTER OF ANCHORAGE 4001 LAUREL ST SUITE A ANCHORAGE AK 99508 907-563-1800	<input type="checkbox"/> AK REGIONAL 2801 DEBARR RD ANCHORAGE AK 99508	<input type="checkbox"/> PROVIDENCE 3200 PROVIDENCE DR ANCHORAGE AK 99508
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COVID LOCATION:

COVID TEST DATE:

<u>PROVIDENCE HOSPITAL</u> 3841 PIPER STREET SUITE T211 M-F 7AM-6PM SAT 7AM-3PM	<u>AK REGIONAL HOSPITAL</u> PLEASE CALL TO SCHEDULE COVID TESTING 907-264-2055
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THE WHOLE DAY BEFORE PROCEDURE

LIQUIDS OK TO DRINK

<input type="checkbox"/> CLEAR LIQUIDS ONLY <input type="checkbox"/> DO NOT DRINK MILK <input type="checkbox"/> DO NOT CONSUME ANYTHING RED OR PURPLE <input type="checkbox"/> DO NOT DRINK ALCOHOL <input type="checkbox"/> STAY HYDRATED	<input type="checkbox"/> STRAINED FRUIT JUICE (NO PULP) INCLUDING APPLE, ORANGE, WHITE GRAPE, WHITE CRANBERRY <input type="checkbox"/> LEMONADE OR LIMEADE <input type="checkbox"/> COFFEE OR TEA (WITHOUT MILK, DAIRY, OR NON-DAIRY CREAMER) <input type="checkbox"/> CLEAR BROTH <input type="checkbox"/> GELATIN DESSERTS WITHOUT ADDED FRUIT OR TOPPINGS (NO RED OR PURPLE) <input type="checkbox"/> CLEAR SODA (GINGER ALE)
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CHECKLIST/REMINDERS

- Please pick up Golytely at the pharmacy.
- 48-72 HOURS before procedure, please take the covid test.
- 1 day before procedure, you will be on a clear liquid diet the whole day. NO SOLID FOODS.
- Patient must be accompanied by a driver on the day of the procedure.
- You cannot drive for 24 hours after your procedure.
- Bring your photo ID and insurance cards to the facility on the day of the procedure.
- Please note there are separate doctor's fee, facility fee, and pathology fee.

GOLYTELY INSTRUCTIONS



Depending on your pharmacy, Golytely will be available in a 4-liter bottle or 1 gallon powder packet (for reconstitution to 1 gallon). Golytely is available in regular or pineapple flavor.

REMINDER STOP ALL CLEAR LIQUIDS LEAST 2 HOURS BEFORE YOUR PROCEDURE

- 1 day before your procedure you will be on a clear liquid diet the entire day up until the time of your procedure.
- 1 day before procedure, at 5PM start Golytely prep

5PM ON THE EVENING BEFORE PROCEDURE

STEP 1 AT 5PM ADD DRINKING WATER TO THE TOP LINE OF THE GOLYTELY BOTTLE. CAP THE BOTTLE AND SHAKE TO DISSOLVE THE POWDER.	STEP 2 DRINK (1) 8-OUNCE GLASS EVERY 10 MINUTES UNTIL HALF THE BOTTLE OF GOLYTELY IS EMPTY. TIP: USING STRAW MAY BE EASIER	STEP 3 REFRIGERATE THE REMAINDER.
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4 HOUR PRIOR TO PROCEDURE

STEP 1 DRINK THE REMAINING HALF OF GOLYTELY. (1) 8-OUNCE GLASS EVERY 10 MINUTES UNTIL THE BOTTLE OF GOLYTELY IS COMPLETELY EMPTY.	STEP 2 STOP ALL CLEAR LIQUIDS 2 HOURS BEFORE PROCEDURE.
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