

### **Colonoscopy in the P.M. - Golytely**

**Procedure Date:**

**Arrival Time:**

**Procedure Time:**

**Procedure Location:**

**Please bring picture ID and insurance cards with you on day of procedure.**

**Medication Adjustments:**

- **No Advil, Ibuprofen, Aleve, Plavix (Clopidogrel), Coumadin (Warfarin), Brilinta (Ticagrelor), or anti-inflammatory medications (excluding Prednisone) 5 days prior to procedure.**
- **No Pradaxa(Dabigatran) for 3 days prior to procedure.**
- **No Eliquis (Apixaban) or Xarelto (Rivaroxaban) for 2 days prior to procedure**
- No alcohol/recreational drugs for two (2) days prior to the procedure.
- For 5 days prior to your procedure, stay on a Low Residue Diet. We will include a separate copy of this diet with these instructions if mailed and if emailed they will be included as an attachment. It's important to follow this diet very carefully as some of the foods listed in the "avoid" column do not digest well and get stuck in our endoscopy scopes (like corn and meat, for instance). Then, 1 day of clear liquids.

**Preparation:**

**The morning of \_\_\_\_start a clear liquid diet. Clear liquids that are allowed are as follows:**

- Clear fat free broth – any flavor
  - Clear nutritional drinks such as Ensure Clear
  - Soda
  - Coffee/tea without milk or cream
  - Hard candies
  - Honey
  - Juices without pulp
  - Lemonade without pulp
  - Jell-O
  - Popsicles without fruit pulp or fruit pieces inside
  - Sports drinks
  - Water
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- At 4:00 P.M., start drinking Golytely and drink half the bottle over 2-3 hours. **You need to be at home when you drink the prep.** You may want to purchase some baby wipes for your comfort.
  - Drink lots of water between Golytely doses



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- **Continue on clear liquids only** until the morning. At 6:00 A.M. the morning of your procedure, finish the remainder of your Golytely over 2-3 hours. **You must be done with your prep 4 hours before the start time of your procedure.** At this time, you may no longer have any liquids of any kind – including gum and hard candy.

#### **Day of Procedure:**

- **Take all of your medications with a small sip of water except for diabetic medications.**
- If you use inhalers, bring them with you. They may be needed before or after your procedure.
- Do not wear perfume, cologne, or lotions/oils as this may interfere with our monitoring electrodes.

#### **After Procedure:**

- **You must have a designated driver.** The exam will be cancelled if arrangements are not made prior to arrival. You may not use taxi/cab for transportation home.
- The family member or designated driver must remain in the lobby area to speak with the physician.
- Plan to rest at home the remainder of the day. You may resume normal activities the next day or so as directed by the provider.

If you have any questions, please call our office at 623-300-9011.