



specialists in gastroenterology

Colonoscopy Preparation Using GOLYTELY 2 Day PM/AM Split Dosing Regimen

The colon preparation is the most important step leading to the successful completion of a colonoscopy. We know it is inconvenient, but a clean colon will lead to an efficiently and safely performed colonoscopy that will lead to good gastrointestinal health.

SEVEN DAYS BEFORE THE PROCEDURE

Medication restriction – Please call the prescribing physician

1. Diabetics taking insulin: will need dose adjustment the day before the exam. Please ask for advice from the physician that prescribes your insulin. For diabetics only taking diabetic pills simply stop the pills the day before the procedure (see below).
2. Blood thinners (antithrombotic agents) including: aspirin, Coumadin (Warfarin), Plavix, Pradaxa, Xarelto, Eliquis, Brilinta and Effient: These can increase the risk of bleeding during and after endoscopic procedures to a varying degree. Please ask the physician that prescribes the medication if, and when, you can stop these medications. **If** these medications are unable to be stopped, you need to call our office.

Items to Purchase

1. Fill the prescription for GOLYTELY (bowel prep).
2. Fill the prescription for *Ondansetron* (anti-nausea medication).
3. Ointment such as Balmex or Borofax for anal discomfort (if needed). This does not require a prescription.

Diet Restrictions

No seeds, nuts, popcorn or peels from fruits and vegetables. Example: no peels from apples, potatoes, or cucumbers etc.

ONE DAY BEFORE THE PROCEDURE

1. **For breakfast AND lunch you may choose one of the following:**
2 eggs (no meat, cheese, veggies or toast, just eggs, salt, pepper, oil or butter is fine to cook with) **or**
1 yogurt, 8 ounces (plain, can be flavored but no chunks of fruit or granola), **or**
1 Ensure, 8 ounces (any flavor) **then clear liquids only for the remainder of the day.**
2. **You cannot have milk or orange juice for the entire day.**
3. Drink as much as you can to prevent dehydration. You may have bouillon, broth, black coffee (sugar and artificial sweeteners are okay), tea (honey is okay), juice (apple, grape, cranberry), Gatorade, lemonade, soda (regular or diet are okay), water, Popsicles and Jell-O (any flavor or color). Taking red Jell-O and red Gatorade may turn your bowel movements red and should be limited. If you have had dehydration before drink Pedialyte.
4. You may have clear candy (such as Lifesavers, Jolly Ranchers and gummy bears).
5. Do not take oral diabetic pills.
6. Fill the plastic container containing the laxative powder (**GOLYTELY**) with water, shake well until the powder is dissolved and put the container in the refrigerator.

- TURN THE PAGE OVER FOR THE REST OF THE DIRECTIONS -

TIMING OF PREPARATION

Please follow these instructions and NOT the GOLYTELY box instructions

EVENING BEFORE THE COLONOSCOPY

This is a four liter prep divided into two 2 liter sessions. You must drink the entire GOLYTELY to ensure your colon will be cleaned out. A poor prep can mean missed lesions (flat polyps) and cancellation and rescheduling of your procedure.

Starting at 6:00 p.m (This **CAN NOT** be done earlier in the day.)

1. Start drinking the laxative (GOLYTELY) liquid. Drink 8 ounces every 15 minutes until you have taken half the total volume of the container. This is usually eight doses over a two hour period. Try to drink 8 ounces at a time instead of sipping.
2. **If you become nauseated, stop drinking the *GOLYTELY*. Take one of the *Ondansetron* tablets. Resume drinking the *GOLYTELY* after 30 minutes, or when the nausea passes. If you do not use the *Ondansetron*, then it can be kept in case you have nausea in the future.**
3. You can continue the clear liquid diet after you finish the 6:00pm dose of the prep.

THE MORNING OF THE PROCEDURE

Beginning 6-8 hours prior to your **scheduled procedure time, repeat steps 1 & 2 as above.** (Yes, this requires you to do early morning or in the middle of the night based on your procedure time.)

1. Take nothing by mouth, including water, after completing the last glass of the GOLYTELY prep.

2. You should take any necessary medications you normally use on the morning of the procedure with **sips** of water.
3. Arrive at your scheduled arrival time.
4. Bring a list of your medications, insurance cards and photo ID.
5. After the procedure you must have a responsible adult drive you home. It is best if your driver waits for you at the endoscopy center. **Taking a cab or Uber home is not an option.**
6. You may not drive or work until the next day.

IMPORTANT INFORMATION ABOUT SEDATION

Sedatives used for endoscopy include Propofol. These medications provide amnesia and pain relief. You are breathing on your own.

QUESTIONS OR PROBLEMS

1. Daytime phone number is (314) 997-0554.
2. After hours number is (314) 388-6578.
3. Internet website address is www.gidoctor.net