

Colonoscopy Preparation Utilizing GoLYTELY® Prep

Notice:

- ✓ Your scheduled procedure will take place at our surgical center :
The Endoscopy Center of New York
201 East 93rd Street (Corner of 3rd Avenue) 2nd Floor
Appt. Date:
Arrival Time: *Appointment Time:*

Warnings:

- ✓ Please inform this office in advance if you have congestive heart failure, kidney failure, chronic constipation, or have had an inadequate bowel preparation for a previous colonoscopy.

Purchase:

- ✓ **GoLYTELY®.** The prescription for **GoLYTELY®** (colon cleansing solution) was sent electronically to the pharmacy you have on file, which is 4 liters of a balanced salt solution that is not absorbed.
- ✓ **Tucks wipes™**(over the counter, optional)

What to do with your daily medications before your colonoscopy:

If you take any “blood thinners” such as Coumadin, Warfarin, Prasugrel or Plavix you must consult with your cardiologist or primary care physician BEFORE discontinuing these medications as instructed below. This is extremely important, especially if you take any of these medications for treatment of heart disease or stroke. If your primary care physician has instructed to continue any of these medications, you must advise NYGA on the day of your procedure.

7 days before your procedure:

- ✓ Stop Plavix (clopidigrel) unless otherwise instructed (see above).

3 days before procedure:

- ✓ Stop Coumadin (warfarin) unless otherwise instructed (see above).
- ✓ Stop any iron supplements.
- ✓ Avoid eating seeds or any foods containing seeds (such as grapes, berries, nuts, etc).

* Avoidance of “blood thinners” is designed to minimize the risk of serious bleeding if a polyp is removed

If you are diabetic, check with your primary care physician about taking your diabetes medication the morning of your colonoscopy. Call your prescribing physician if you have questions about what to do with other medications during the preparation period.

Otherwise, take your daily medications with a sip of water the morning of your procedure.

Following the restricted diet below helps ensure a thorough examination of the colon!

On the day before your colonoscopy:

- **Mix and refrigerate the solution several hours before beginning your preparation. The solution is more palatable when chilled**
- ✓ Eat a regular breakfast the morning of the **day before your colonoscopy, up until 12pm Noon** – this will be the last time you will eat solid food until after your procedure.
- ✓ **At 12 noon the day before your colonoscopy, begin a clear liquid diet.**

The evening before your colonoscopy:

When starting this preparation, you will need to be close to a bathroom. You will have progressively looser bowel movements over the next several hours. Individual responses to laxatives vary. It often works within one hour, but it may in some instances require as long as six to eight hours before taking effect.

TIPS:

- ✓ If you experience nausea, bloating or vomiting, you may increase the time interval between eight ounce glasses.
- ✓ Tucks pads or petroleum jelly may be applied around the anal opening to minimize irritation.

- Black coffee (no milk or cream), plain tea (no milk or cream), soft drinks, sports drinks (e.g. Gatorade), strained fruit juices (no pulp), water, clear juice, bouillon/broths, popsicles, and Jell-O are clear liquids.
- **NO LIQUIDS WITH RED/BLUE/PURPLE COLORING**

Day of your colonoscopy:

- ✓ On the day of the procedure, take your usual morning medications (except those stopped for the procedure as instructed above) with a small sip of water.
- ✓ Do not drink anything (apart from your medications) for 2 hours prior to your scheduled appointment time.

Dosing Schedule for your Appointment

Please arrive 30 minutes prior to your appointment time

Date:

Time:

Start liquid diet (NO Solid food until after your colonoscopy)	Date: Time: 12:00pm
Take first dose of GoLYTELY® Prep (You are going to consume 8 cups only as your first dose. You can split your intake of the first dose if you like by consuming 4 cups first followed by 4 cups in 30 minutes)	Date: Time: 6:00pm
Take Second dose of GoLYTELY® Prep (You are going to consume the remaining solution which should total 8 cups)	Date: Time:
Do not drink anything after	Date: Time:

General information: Please arrive at least 30 minutes before your appointment to complete any necessary paperwork. Your stay at the office will be 1 to 2 hours. After your colonoscopy, you may resume most normal activities (except driving and vigorous exercise) and a normal diet, unless otherwise instructed.

Note: YOU MUST HAVE AN ESCORT TO ACCOMPANY YOU HOME FOLLOWING YOUR PROCEDURE

Note: If you have questions related to the preparation, please call our office.

Please contact us with any questions: T: (212) 996-6633 F: (212) 996-6677 contact@nyga.md www.nyga.md