

# Gastromed Healthcare, PA

## Colonoscopy Preparation Instructions- Golytely Prep

Patient:

Procedure Date:

Time:

*Please arrive one hour prior to exam time*

1. Please purchase these items from the pharmacy: Golytely Bowel prep kit and 2 Dulcolax. ( Biscodyl)
2. If you are on Insulin, take **HALF** the usual dosage the day before the procedure and **DO NOT** take any insulin the morning of the procedure. You can resume your regular dose of insulin when you are back your normal diet.

If you are on oral diabetic medication, **DO NOT** take pills the day before or the day of the procedure. You can resume pills after the procedure when you are back on your normal diet.

3. Follow the checked instructions if you are on blood thinners or aspirin products.

- \_\_\_\_\_ Hold Fish oil 5 days prior to procedure
- \_\_\_\_\_ Hold Aspirin for 5 days prior to procedure
- \_\_\_\_\_ Hold Plavix for 7 days prior to procedure
- \_\_\_\_\_ Hold Coumadin for 4 days prior to procedure
- \_\_\_\_\_ Hold \_\_\_\_ for \_\_\_\_ days prior to procedure

Please discuss your blood thinner medications with your cardiologist prior to the procedure

### On the day before the procedure

1. You will need to begin clear liquid diet starting with breakfast (Nothing Red or Purple)

Soup: Clear broth or consomme

Sports drinks: Gatorade, power-aide, propel

Juices: White cranberry, white grape, apple, limeade, strained lemonade

Beverages: Kool-aid, carbonated beverages, tea (no milk)

Desserts: Italian ices, popsicles, jello (no red or purple colors)

### NO COFFEE, COLA OR MILK PRODUCTS

2. At 3pm take 2 dulcolax tablets.
3. At 6 pm pour ½ gallon of Golytely liquid into the mixing container and drink. You will also need to drink 2 more 16 oz containers of water over the next hour.

## **On the day of the procedure:**

1. 5 hours before the procedure time at \_\_\_\_\_ repeat the above step. Drink all the liquid in the container. You may need to get up very early to take 2nd dose.
2. Nothing to eat or drink for 3 hours before the procedure.

**Getting up very early Is inconvenient, but the quality of the clean out is so much better that it is essential for you to do this.**

**Do not follow instructions printed on the Golytely box.**

Take any heart or blood pressure medicine with just enough water to get it down (a few sips) 2-3 hours prior to leaving for the procedure

**YOU MUST HAVE SOMEONE WITH YOU TO DRIVE YOU HOME AFTER YOUR PROCEDURE**

### **EXPECT TO BE AT THE FACILITY FOR 3 TO 4 HOURS**

Colonoscopy Preparation "Frequently Asked Questions"

#### **Why avoid red liquids?**

The red color can persist in the colon and potentially look like blood. However cranberry juice is permitted since it is a natural red color.

#### **I feel like vomiting and don't think that I can drink anymore, what do I do?**

It is important that you continue to drink the solution. Without a clean bowel the doctor will not be able to see inside of your colon to complete the examination. If you experience nausea wait 15 minutes and resume drinking slowly. If you do vomit wait 45 minutes and begin drinking the solution again. Try sipping the solution with a straw.

#### **I drank a lot of the solution and I have not gone to the bathroom yet, what should I do ?**

Keep drinking most people have bowel movement after an hour. Some patients may take 2 hours or longer.

#### **Can I drink alcoholic beverages?**

No, alcohol beverages prior to your procedure can cause dehydration.

#### **What side effects may I expect?**

**Since the prep works by flooding the intestinal tract with fluid, abdominal bloating and cramping may occur, as well as some nausea and vomiting. This is usually temporary and as the diarrhea develops symptoms will gradually improve. Weakness can also occur, especially if you have not taken enough fluid with the prep and can be remedied by increasing fluid intake.**