

COLONOSCOPY BOWEL PREPARATION USING GOLYTELY PREP

7 DAYS BEFORE EXAM:

Arrange for a ride. You will be given medicine that makes you relaxed and sleepy, so that you cannot drive a car or take a bus home. If you arrive without an escort, your procedure may need to be rescheduled. Stop taking Iron, Vitamin E, Ginko, Ginger, Aspirin, and Garlic. **IF YOU TAKE PLAVIX, STOP TAKING IT AT THIS TIME.**

IF YOU TAKE COUMADIN OR WARFARIN:

Stop taking Coumadin or Warfarin 4 days before the planned procedure. If you are unsure what to do, contact the office.

2 DAYS BEFORE THE EXAM:

Obtain Golytely or Nulytely from your pharmacy. These come in various flavors, you may choose whichever you like best. The prescription may cost anywhere from \$15 - \$30.

IF YOU ARE DIABETIC:

If you are diabetic, you will need to watch your blood sugars closely for the next several days, and may need to adjust how you normally take your medications. Please check with the office about the adjustments that need to be made. In general:

- If you are taking pills, you will take them normally in the morning the day before the exam, but not in the evening. Do not take your diabetic pills the day of the exam.
- If you are taking Byetta, do not take this the day before, or the day of the exam.
- If you take insulin, take your normal dose the morning the day before the exam, but only take one-half of your normal dose in the evening. Only take one-half your normal dose the morning of the exam.

THE DAY BEFORE THE EXAM:

Drink *only clear liquids* for breakfast, lunch, and dinner. Solid foods, milk, or milk products are not allowed. *Clear liquids* include all of the following that are *not colored red or purple*: strained fruit juices without pulp (apple, white grape, lemonade), water, clear broth or bouillon, coffee or tea (without milk or non-dairy creamer), Gatorade, carbonated and noncarbonated soft drinks, Kool-Aide (or other fruit flavored drinks), plain Jello (without added fruit or toppings), and ice Popsicles.

PREP SCHEDULE:

- Call the hospital to pre-register. (Memorial Hospital 419-334-6622) (Firelands Hospital 419-557-7400)
- Make sure you have arranged for someone other than yourself to drive home after the test
- Breakfast - have only *clear liquids*
- 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.
- Lunch - have only *clear liquids*
- Dinner - have only *clear liquids*
- At 6 PM., begin drinking Golytely - 8 oz every 10-15 minutes until 1/2 to 3/4 of the bottle is empty. (Rapidly drinking a glassful is better than sipping an ounce or two at a time.) You will consume several glassfuls before having the first loose, watery bowel movement. You may feel slightly bloated, but will become more comfortable as you continue to have bowel movements. It will take several hours to finish this first part of the preparation. Diarrhea will continue for at least 1 hour after you finish drinking the solution.
- Before Midnight, attempt to drink at least three additional glasses of clear liquids:

DAY OF THE EXAM:

PREP SCHEDULE:

- Three hours before you leave for your exam drink the remaining Golytely solution left over from the previous evening. You must finish consuming all of this at least 1 1/2 hours before the test. Reminder: remain close to toilet facilities.
- Arrive at the hospital one hour before your scheduled test.