

On the day of your colonoscopy, your colon must be clean on the inside, and you must have a ride home following the procedure. An unclean colon can result in:

- your test needing to be repeated/rescheduled because of poor visibility,
- lesions being missed
- increased procedure time,
- and a potential increase in complication rates.



**DURING THE PREP: IT IS IMPORTANT THAT YOU REPLACE FLUIDS AND PREVENT DEHYDRATION BY DRINKING LARGE AMOUNTS OF CLEAR LIQUIDS UNTIL TWO HOURS BEFORE THE COLONOSCOPY**

### 7 DAYS BEFORE YOUR COLONOSCOPY

- If you are taking any medication that affects blood clotting, you may have to stop them 7 to 3 days before the test.
- Examples of prescription blood thinners include Agrylin, Coumadin (warfarin), Plavix (clopidogrel), Ticlid (ticlopidine), Xarelto (rivaroxaban), Pradaxa (dabigatran), Effient (prasugrel), Lovenox (enoxaparin), and
- Examples of over-the-counter blood thinner medications include aspirin and NSAIDs (Advil/ibuprofen, Motrin, Aleve, and Ecotrin).
- You may require an alternate anticoagulant, discuss with surgeon - arrangements should already be in place, if not, speak with the surgeon immediately.

### 3 DAYS BEFORE YOUR COLONOSCOPY

- Stop eating any nuts, seeds, corn, or popcorn.
- Purchase a variety of clear liquids. (No red, blue or purple flavors.) Clear liquids mean that you can see through them.
  - ✓ Clear broth or bouillon
  - ✓ Coffee or tea (no milk or creamer)
  - ✓ Carbonated and non-carbonated soft drinks, Kool-Aid, or other fruit-flavored drinks
  - ✓ Strained fruit juices (no pulp) like apple or white grape
  - ✓ Jell-OR, popsicles, and hard candy (NO RED, BLUE OR PURPLE)



### 2 DAYS BEFORE YOUR COLONOSCOPY

**Drink 8 glasses of water or other liquids during the day to avoid dehydration.**

- STOP eating all solid foods.
- START a clear liquid diet with breakfast (NO RED, BLUE OR PURPLE)
- TAKE two Dulcolax orally at **2:30PM** (available over the counter)
- START THE BOWEL PREP At **3 pm the evening before the colonoscopy:**
  - ✓ Drink one 8-ounce glass of GoLytely solution at a time.
  - ✓ Continue to drink an 8-ounce glass of solution every 10 to 15 minutes until the bottle is half empty (2 liters)
  - ✓



### THE DAY BEFORE YOUR COLONOSCOPY

- TAKE two Dulcolax orally at **2:30PM** (available over the counter)
- RE-START THE BOWEL PREP At **3 pm the evening before the colonoscopy:**
  - ✓ Drink one 8-ounce glass of GoLytely solution at a time.
  - ✓ Continue to drink an 8-ounce glass of solution every 10 to 15 minutes until the bottle is half empty (2 liters) and stool is watery, clear, and free of solid matter.
  - ✓ **Drink 8 glasses of water or other liquids during the day to avoid dehydration**



**FOLLOW ALL THE STEPS BELOW COMPLETELY.**

- Step 1:** This product can be used with or without one of the flavor packs that comes with the bottle. If adding flavor, tear open flavor pack and pour contents into the bottle BEFORE reconstitution. Discard unused flavor packs.
- Step 2:** Add lukewarm drinking water to top line on bottle. Cap the bottle and shake to dissolve the powder. The mixed solution will be clear and colorless. Do not add anything else, such as additional flavorings, to the solution. When reconstituted, keep solution refrigerated. The reconstituted solution should be used within 48 hours. Discard unused portion.
- Step 3:** The first bowel movement usually occurs approximately 1 hour after you start drinking GoLYTELY. Continue to drink GoLYTELY until the watery stool is clear and free of solid matter. This usually requires at least 3 liters. Any unused portion should be discarded.
- Step 4:** Drink one (8 oz) glass every 10 minutes. Rapid drinking of each portion is better than drinking small amounts continuously. The first bowel movement should begin approximately 1 hour after the start of GoLYTELY administration. You will still have loose bowel movements for about 1 to 2 hours after you finish drinking the solution.

PEG solutions are salty; adding Crystal Light or Kool-Aid may help the taste. (No red, blue, or purple flavors/colors.)

**Helpful Tips**

1. Stay near a toilet; you will have diarrhea. Ideally, your bowel movements will become either yellow or clear liquid after a complete prep.
2. Side effects of some preps include nausea, abdominal pain, bloating, vomiting, thirst, dizziness, and dehydration. If you feel
3. nauseous or vomit, take a 30 minute break, rinse your mouth, and then continue drinking your prep. If you throw up your bowel prep, just try your best to drink as much bowel prep as you can tolerate and report for your endoscopy as scheduled. Be sure to alert
4. your doctor that you could not tolerate your entire bowel prep.
5. Feeling some abdominal cramping is normal.
6. Petroleum jelly (Vaseline) around the anus or using baby wipes may decrease skin irritation.

**THE DAY OF YOUR COLONOSCOPY**

- Unless your doctor tells you otherwise, you will usually take your usual morning medication (except anticoagulants) with a sip of water up to 2 hours before your colonoscopy. Diabetic patients will need to adjust their medication as directed.
- You will receive sedation, please ensure you have someone to drive you home.