

Colonoscopy Preparation Utilizing GoLYTELY® Prep

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®**. You must obtain a prescription from your doctor for **GoLYTELY®** (colon cleansing solution), which is 4 liters of a balanced salt solution that is not absorbed. **GoLYTELY®** can be obtained from any pharmacy.
- ✓ **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** – 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.**
 - 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.

The evening before your colonoscopy:

- ✓ At 6pm you should start drinking the **GoLYTELY®** solution. Drink eight ounces every 10 minutes. Best results are obtained when the solution is taken on a regular basis. You should try and finish the solution over a period of 3-4 hours.

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.

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

Date: _____ Time: _____

| | |
|---|----------------------------|
| Start liquid diet (NO Solid food until after your colonoscopy) | Date: _____ Time: _____ |
| Prepare and Chill GoLYTELY® Prep | Date: _____ Time: _____ |
| Take first dose of GoLYTELY® Prep | Date: _____ Time: _____ |
| Do not drink anything after | Date: _____ Time: _____ |

General information: Please arrive at least 15 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 ECORT 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:

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