

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:

5 days before your procedure:

- ✓ Stop aspirin, aspirin-containing products, and iron supplements (such as Feosol). Acetaminophen (Tylenol) and Celebrex may be continued until the day of the procedure.

* This advice is designed to minimize the risk of serious bleeding if a polyp is removed

3 days before procedure:

- ✓ Stop Coumadin (warfarin) and Plavix (clopidigrel). Unless otherwise instructed (see above).
- ✓ Avoid eating seeds or any foods containing seeds (such as grapes, berries, nuts, etc).

If you do take Coumadin, Warfarin, Prasugrel, Plavix, aspirin, products containing aspirin, or iron supplements you must consult with your cardiologist or primary care physician regarding your discontinuing these medications. If you have been instructed to continue any of these medications, you must advise NYGA.

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.

What to eat before your colonoscopy:

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

On the day before your colonoscopy:

- ✓ Eat a regular breakfast the morning of the **day before your colonoscopy** – this will be your last regular meal
- ✓ **At 12 noon the day before your colonoscopy, begin a clear liquid diet.**
 - You can drink black coffee (no milk or cream), plain tea, soft drinks, sports drinks (e.g. Gatorade), strained fruit juices (no pulp), water, clear juice, bouillon/broths, popsicles, and Jell-O.
 - You may also have vanilla ice cream, but do **not** eat any other dairy products or solid food.
 - Do not consume liquids that are red or blue or green.
 - Do not consume alcohol.
 - You should consume at least 64 ounces (2 quarts) of liquid during the day prior your colonoscopy.

At 6PM the evening before your procedure:

Mix and refrigerate the solution several hours before beginning your preparation. The solution is more palatable when chilled.

- ✓ 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.
- ✓ At 6pm you should start drinking the **GoLYTELY®** solution. Drink eight ounces 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.

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 procedure:

- ✓ On the day of the procedure, take your usual morning medications, especially those for blood pressure, with sips of water upon awakening. Take nothing by mouth (apart from your medications) for 4 hours prior to the examination.

Dosing Schedule for your Appointment

Date: _____ Time: _____

Start liquid diet	Date: _____ Time: _____
Prepare and Chill GoLYTELY® Prep	Date: _____ Time: _____
Take first dose of GoLYTELY® Prep	Date: _____ Time: _____
Do not drink or eat 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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