



GOLYTELY COLONOSCOPY INSTRUCTIONS

Thank you for choosing Weg Medicine for your colonoscopy procedure. Proper preparation (cleansing) is the key to a good examination. **Please review these instructions more than 1 week before your procedure.**

THE BOWEL PREPARATION:

You will need to buy:

- **Pharmacy:** Fill your prescription for **Golytely**
- Two tablets of Bisacodyl (*Dulcolax*®) 5 mg

WHEN	WHAT TO DO	DETAILS
<i>At least <u>7 days</u> before your procedure</i>	<ul style="list-style-type: none">• If you take any medication for the purpose of being <u>anticoagulated</u>, keeping your blood thin or preventing blood clots (ex: Warfarin, Plavix, Coumadin, Xarelto) or are on <u>Diabetes medication</u> you must contact the office at least two weeks BEFORE your procedure, in order to receive careful instructions on how to manage your medications.• Arrange for someone to drive you to and from your procedure	
<i><u>4 days</u> before your procedure</i>	<ul style="list-style-type: none">• Stop eating foods that are high in fiber, and do not resume high fiber foods until after your colonoscopy.	<ul style="list-style-type: none">• <u>Examples of high fiber foods:</u> salads, corn, popcorn, green vegetables, brown rice, whole grain bread, beans, seeds, nuts

<u>The Day Before your procedure</u> WHEN	WHAT TO DO	DETAILS
-24 hours prior to procedure	-You can have a small breakfast up to 24 hours prior to your procedure time. -Beginning 24 hours prior to procedure time, start drinking ONLY clear liquids, (or clear liquids that are semi-solid, such as gelatin or popsicles) for the rest of the day.	<ul style="list-style-type: none"> • Avoid red or purple liquids • Clear liquid only, see list of clear liquids below • Do not drink any alcohol
-12:00 NOON	<ul style="list-style-type: none"> • Take two Bisacodyl (Dulcolax®) 5 mg tablets with at least one full glass (8 fl. oz.) of clear liquid • Mix golytely solution with water +/- flavoring packet, and place in fridge. 	<ul style="list-style-type: none"> • Bisacodyl tablets usually work within 8 hours. Do not worry if nothing happens from the Dulcolax before you start to drink the prep solution
-5-6 p.m.	<ul style="list-style-type: none"> • Drink the first half of the golytely solution. (<i>Drink 8 oz. every 15-20 minutes until half the bottle is consumed.</i>) 	<ul style="list-style-type: none"> • Do NOT drink entire bottle now, save half for the next day.
At bedtime	<ul style="list-style-type: none"> • Keep drinking clear liquids only until bedtime 	<ul style="list-style-type: none"> • You may need to use the bathroom during the night
<i>The day of your colonoscopy</i>		
4-5 hours before you are scheduled to arrive	<ul style="list-style-type: none"> • Drink the second half of the golytely solution (<i>Drink 8 oz. every 15-20 minutes until completed.</i>) • You can take your medications on the day of your procedure with small sips of water (see below if you are taking diabetic medications) 	<ul style="list-style-type: none"> • Do not eat or drink <u>anything</u> except your prep and small sips of water for your medications
3 hours before you are scheduled to arrive	<ul style="list-style-type: none"> • ALL prep solutions should be finished. Nothing more by mouth until after your procedure. 	<ul style="list-style-type: none"> • Call the office if you have questions

<p><u>Clear Liquids that are OK (the day before your procedure):</u></p> <ul style="list-style-type: none"> • Water • Black coffee or tea • Sports drinks • Clear carbonated beverages and sodas • Lemonade, apple, white grape or white cranberry juice • Jello, popsicles, Fruit Ice • Hard candy, honey • Chicken and beef broth or bouillon 	<p><u>Things to Avoid:</u></p> <p>Milk or dairy</p> <p>Alcohol</p> <p>ANY Red or purple liquid</p>
--	---

GENERAL INFORMATION:

- **Please arrive on time.** Allow extra time in your trip for weather, traffic and parking.
- **Medications:** Unless otherwise instructed, continue to take all of your usual medications on your regular schedule.
- **Please bring a list of all the medications you take** (including dosages and how often each medication is taken) with you to your appointment. Also list any herbal or vitamin supplements you take.
- **Personal belongings:** On the day of your sedated procedure, we strongly recommend that you leave valuables (money/jewelry) at home or give them to a family member or friend for safekeeping.
- **Travel:** While a colonoscopy is generally a safe procedure, there is a small chance of developing complications that may not be identified for up to a week or more after your procedure. We suggest that you do not plan this procedure within a couple of weeks prior to traveling, or an important social event.

REGARDING YOUR MEDICAL HISTORY AND MEDICATIONS:

- If you take any medication for the purpose of being anticoagulated, keeping your blood thin or preventing blood clots (example: warfarin, Plavix, Coumadin), you must contact our office to speak with our staff at least two weeks BEFORE your procedure because you may need to stop taking them for a few days before your procedure. Aspirin does not need to be held.
- If you take any insulin OR any diabetes medication contact us as soon as possible
- Continue all other medications unless otherwise instructed.
- IF YOU ARE UNSURE ABOUT A PARTICULAR MEDICATION, PLEASE CALL OUR OFFICE

AFTER YOUR PROCEDURE:

- **REMEMBER:** You may not drive, work, or engage in important decisions (e.g. financial issues) for the rest of the day after your procedure.
- A responsible person must pick you up after your procedure to accompany you home