

GoLytely Colonoscopy Preparation Instructions

Please note: A colonoscopy may need to be rescheduled for an inadequate preparation.

Medications

Beginning one week before your procedure:

- If you are taking iron or any vitamin supplements containing iron, stop these five days before your appointment. Stop fish oil, ibuprofen (Motrin, Advil), naproxen (Aleve), or other blood thinners at least five days before the appointment.
- If you are taking Warfarin (Coumadin) contact your physician about stopping or taking an alternative. You need to be off of these medications beginning four days before your procedure. DO NOT stop your warfarin (Coumadin) without speaking to your physician first.
- If you are taking Clopidogrel (Plavix) contact your physician about stopping or taking an alternative. You need to be off of these medications beginning seven days before your procedure. DO NOT stop your clopidogrel (Plavix) without speaking to your physician first.

You will need to have your prescription filled for GoLytely at your local pharmacy.

Prep Instructions beginning the day before your procedure starting from when you wake up:

- NO SOLID FOODS - If you have solid foods the day before your procedure, your procedure may be cancelled.
- Begin a clear liquid diet, and continue with clear liquids only for the entire day. Do not have any liquids you cannot see through. You may not have any SOLID FOODS until after your procedure. Drink plenty of extra liquids throughout the day. The more clear liquids you drink, the cleaner your colon for the procedure.

Clear Liquid Diet:

- A clear liquid diet consists of anything that you can see through and is the consistency of water at room temperature.
 - Hot or iced Tea with or without sugar (NO CREAM, MILK, OR HALF AND HALF)
 - Coffee (black) with or without sugar (NO CREAM, MILK, OR HALF AND HALF)
 - Clear Juices such as apple Juice, white cranberry Juice, white grape Juice
 - Sodas - any
 - Water
 - Gatorade/PowerAde - avoid flavors with red dyes
 - Pedialyte
 - Coconut water
 - Clear BROTH of any kind (beef, chicken, or vegetable) NO NOODLES OR MEAT
 - Jell-O - avoid flavors with red dyes
 - Popsicles - avoid flavors with red dyes

You will be drinking GoLytely:

- At 3 pm the day before your procedure, begin drinking the GoLytely solution - one 8 ounce glass every 15 minutes until the bottle is empty. This is a total of 4 liters (about 1 gallon). If you feel nauseated or throw up while drinking the GoLytely, slow down drinking the solution to a glass every 20 to 30 minutes. Make sure you finish drinking the entire bottle of GoLytely the day before your procedure.
- You will have consumed nearly all of the GoLytely before having the first watery bowel movement. Initially you may feel slightly bloated and may feel cramping, but you will become more comfortable as you continue to have bowel movements.
- To prevent any perianal skin discomfort you may want to apply a soothing ointment such as Desitin or A&D Ointment.

The morning of your procedure:

- You may continue all of your regular medications (with the exception of any blood thinners mentioned above) per usual. Take them with a small sip of water if you need to take them before your procedure. The nurse who you speak with from the hospital will tell you what medications to take on the morning of your procedure. You should not have anything to drink after midnight the day before your procedure. It is important your stomach is empty during the procedure. If you have anything to eat or drink after midnight your procedure may be cancelled.

****** Because you will receive sedating medications/narcotics during your procedure, it is required by law that you have a responsible adult accompany and drive you home. This is because your judgment and reflexes may be impaired, you may be somewhat groggy and dizzy, and may feel tired for about 24 hours after your procedure. No driving for 24 hours after your procedure. If you do not have a driver to take you home, your procedure will be cancelled. ******

Scheduling:

- The hospital will call you two to three days prior to your procedure to tell you what time your procedure is scheduled and when you should arrive at the hospital. If you have not heard by 4:30 pm the afternoon before, please call 520-432-6560 or 520-432-6565.

Thank you for choosing Copper Queen Community Hospital for your health care needs. If you have questions or concerns please call 520-432-6560 or 520-432-6565 Monday through Friday.