

## GoLYTELY Preparation

**Please read all of the following instructions for your colon preparation at least 1-2 weeks prior to your procedure.**

### What is a colonoscopy?

The procedure consists of a fiber optic scope that examines the interior portion of the large intestine. Images from the scope are transmitted to a monitor where the physician evaluates what is being seen.

A light sedation is given so patients are comfortable during the procedure.

Consequently, you will need an adult companion to drive you to your appointment and return you to your home.

If after reading this document you have additional questions regarding the colonoscopy preparation, call us at Revere Health Endoscopy Scheduling, 385-203-1150 or the Facility or Hospital you are scheduled at.

### **Purchase the following items from the pharmacy/grocery store:**

1. Golytely preparation (prescription).... Similar products (PEG 3350 & Gavilyte)
2. Simethicone/anti-gas chewables or soft gels (such as Gas-X or Simethicone)
3. Four Biscacodyl 5mg tablets (Dulcolax)
4. Bottle of MiraLAX (for constipation, if needed)
5. Desitin or A&D ointment for a skin barrier to the bottom (optional)

### Highly recommended precaution

**Seven days (7) before your procedure.** The normal interval for bowel movements varies for individuals. If you are someone who doesn't have a bowel movement every day or you are frequently constipated, begin to take 1-2 doses of MiraLAX in the morning for seven days prior to your procedure.

### **ONE (1) DAY BEFORE YOUR PROCEDURE**

**Drink only clear liquids this entire day. NO solid foods.** In this context, a clear refers to the lack of suspended particles such as fruit pulp. Apple juice would be considered a clear liquid, but orange juice would not. Coffee and tea are considered clear liquids and you can drink them, or any other clear liquid hot, warm, cold or even frozen (e.g., popsicles). The exceptions to this general rule are:

1. Liquids that contain red, blue or purple coloring (e.g., grape juice, Grape Gatorade/PowerAde).
2. Alcohol
3. Dairy products

**Some acceptable clear liquids are:**

1. Water
2. Juices without pulp
3. Gatorade or PowerAde
4. Tea or black coffee (no milk or creamer)
5. Bouillon
6. Broth
7. Carbonated drinks
8. Jell-O (plain)
9. Popsicles

**8:00 AM THE DAY BEFORE THE PROCEDURE: (Preparation)**

In the morning, prepare your prep solution by filling (3.8 liters / 1 gallon) of tap water into the container. Shake well and refrigerate the (or equivalent) prep at this time. You must mix the solution with tap water. The prep solution may have a lemon flavor, but you can add any powder flavoring as long as it is not colored red, blue, or purple.

**5:00 PM the day before the procedure**

Begin by taking two (2) Dulcolax tablets. You will consume 1 cup (8 oz) of prep solution every 10 minutes over the course of two hours. Setting a timer can be useful. If you feel you cannot keep up this pace of consumption, take a thirty (30) minute break and then resume drinking a cup every 10 minutes until you have consumed 12 cups (3/4 gallon). The interval between beginning to consume the prep solution and having your first loose bowel movement may vary, but generally does not occur until several cups of prep solution have been consumed. You may initially experience some symptoms of cramping and bloating but these will subside as you begin to have bowel movements.

**7:00 PM the day before the procedure**

Take two (2) Simethicone/anti-gas chewables or soft gels with a cup (8 oz) of water. Simethicone has been shown to improve your doctor's ability to discover and remove small precancerous polyps. Simethicone is a safe, over-the-counter medication you can take to improve the efficacy of your colonoscopy.

**8:00 PM the day before the procedure**

Take another two (2) Simethicone with a cup of water.

**9:00 PM the day before the procedure**

Take another two (2) Dulcolax tablets. Stay hydrated by drinking plenty of clear liquids until bedtime.

**THE MORNING OF THE PROCEDURE:**

**Five (5) hours before your procedure.** Drink the remaining 32 oz of prep solution in four (4) ten-minute intervals, one cup (8 oz) at a time.



***Successful colon preparation*** is the elimination of all stool and sediments from the bowel. *The stool should resemble a urine appearance at the end of the process.*

You may also consume 2-3 glasses of water along with any blood pressure or seizure medication you've been prescribed by your physician. All other medications should be taken after the procedure has been completed. **Do not drink anything for four hours before your procedure is scheduled to begin.**

**If you were unable to complete the colon preparation, we may need to reschedule your procedure.**

Call Revere Health Endoscopy Scheduling, 385-203-1150 or the Facility or Hospital at which you are scheduled.