

## COLONOSCOPY: GOLYTELY INSTRUCTIONS

Name:

Check-In Time:

Appointment date:

Appointment time:

Location:

- For questions, contact the Digestive Diseases Clinic at 214-645-0595 from 8 am to 5 pm Monday to Friday. After 5 pm, you will reach the on-call physician at 214-645-0595.
- Bring your insurance card and a picture ID, leave all other valuables home, and expect the procedure to take about 3 to 4 hours.
- Children under 12 are not allowed in the waiting room. Please make other childcare arrangements.
- You **MUST** have a responsible adult to take you home. We cannot let you leave on your own or in hired transportation (such as a cab or a ride-hailing service). Your responsible party will be notified in the waiting area or called when you are ready to leave.
- If you have diabetes and taking insulin, please call your prescribing physician for instructions.
- Please inform our office at least **14 days** before your procedure date if you are taking any of the following **blood thinners**: warfarin (Coumadin), clopidogrel (Plavix), prasugrel (Effient), dipyrida-asa (Aggrenox), dipyridamole (Persantine), ticagrelor (Brillinta), cilostazol (Pletal), ticlopidine (Ticlid), pentoxifylline (Trental), anagrelide (Agylin), edoxaban (Savaysa), fondaparinux (Arixtra), dabigatran (Pradaxa), betrixaban (Bevyxxa). You may require further instructions.
- If you are taking **weight loss medications**, please **HOLD** them as noted below:
  - 7 days before the procedure: Adipex, Lomira, Qsymia (combo with topiramate), Belviq
  - 3 days before the procedure: Bontril, Melfiat, Plenity
  - The morning of the procedure: Vyvanse
- You will receive a call from the pre-surgery testing nurse approximately 5 - 7 days before your procedure. If you pass their pre-screen and have been fully vaccinated, you will not be required to take a COVID-19 test.
- If you do not pass the screen or have not been fully vaccinated, then a COVID-19 test will be required 48 - 72 hours before your procedure.

- HOLD any NSAIDs, such as ibuprofen (Advil, Motrin), naproxen (Aleve), and over-the-counter herbs or supplements for **7 days** before the procedure to reduce the risk of bleeding.
- HOLD ferrous sulfate (iron supplement) or any multivitamin containing iron for **5 days** before your procedure.
- HOLD Imodium, and any anti-diarrheal meds, for **2 days** before your procedure.
- You **may drink only 20 ounces of clear liquids** (strained fruit juices without pulp, broth, water, Gatorade, Popsicles, Jell-O, coffee, or tea with no creamer) the morning of your procedure, **in addition to your colon prep.**
- If you become **nauseated** drinking the prep, you may take ondansetron (anti-nausea pill), as directed on the prescription.

### **5 days before the procedure date**

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- Go to the pharmacy and pick up your prescription colon prep, Golytely and ondansetron (anti-nausea pill).
- It is **OK** to keep taking aspirin

### **3 days before the procedure date**

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- Stop eating high-fiber foods that are hard to clean out, such as salads, broccoli, corn, greens, nuts, and seeds.

### **1 day before the procedure date**

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Drink **ONLY** clear liquids ALL DAY—NO SOLID FOODS.

- Drink at least 8 glasses of clear liquids throughout the day.
- Fill the jug of Golytely with cold water. You can refrigerate. It tastes better cold.
- **If you become nauseated**, take ondansetron (anti-nausea pill), as directed.
- **Starting at 5:00 p.m.:** Drink one 8 oz. glass of Golytely mixture every 15 minutes until you finish half of the liquid. **Gulp** the Golytely down. **DO NOT** sip it.
- Stay near a toilet. Over the next several hours, you will have diarrhea, which can be sudden, which is the purpose of this process is to empty your colon.
- You may have skin irritation from frequent wiping with toilet paper. We recommend Vaseline or Tucks Wipes to treat any tenderness.
- At night, take any prescription medication that you usually take.

### **Day of procedure**

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- **Do NOT** chew gum or eat mints the day of the procedure

- **Do NOT eat solid foods. Only clear liquids are allowed up to 4 hours before the procedure time.**
- **On the morning of the procedure,** take any prescription medication you usually take in the morning, unless our clinic or your prescribing physician has instructed you otherwise.
- **5 hours before appointment time:** Finish the second half of the Golytely.
- You must drink all the prep at least **5 hours before** your procedure time.
- You must stop drinking clear liquids **4 hours before** your procedure time.
- You should be passing clear or clear yellow liquid from your rectum. If not, please call our office for further instructions.
  - Contact the Digestive Diseases Clinic at 214-645-0595