Colonoscopy Preparation with Golytely

Failure to follow these instructions may result in cancellation of your procedure.

1 WEEK PRIOR TO THE PROCEDURE

- **Arrange** transportation: All patients must be accompanied by a responsible adult (age 18 or older) **at time of check-in** for procedures. Escorts must stay in the building.
- **Contact** prescribing physician for directions on holding Coumadin or other blood thinners.
- **Aspirin 81 mg or less** – You may continue as normal. However, if taking over 81 mg, please inform your doctor.
- **Inform** your doctor if you have a pacemaker or other implantable electronic device.
- **If you are diabetic**, please refer to the separate instructions for adjustments to your medication.
- **STOP** Pepto-Bismol, iron supplements, and fish oil supplements. Multivitamins are OK.
- **AVOID** nuts, seeds, popcorn, and fiber supplements (Metamucil, Citrucel, etc.) for 3 days prior to scheduled procedure.

*Cancellations: If you need to cancel/reschedule your procedure, please call our office at (206) 215-4250.*

1 DAY PRIOR TO THE PROCEDURE

Take all of your normal medications except for Aleve & Ibuprofen (Advil, Motrin, Excedrin). Tylenol is OK.

You may consume a light, low fiber breakfast until **12 PM**, e.g. a piece of white toast, 1 cup of yogurt and/or eggs (1 or 2).

**After 12PM**, you may have **ONLY CLEAR LIQUIDS** such as:

- Black coffee or tea (sugar is OK)
- Soda (clear or cola is OK)
- Sports drinks: Gatorade; Pedialyte
- Popsicles or Jell-O (not red or blue)
- Fruit juice: apple, white grape, or white cranberry
- Bouillon/broth
- Water
- Hard candy: Life Savers™

*Please AVOID drinking alcohol and liquids that are red or blue in color.*

Then prepare **solution (Golytely)** by adding lukewarm water to top of line. **Optional:** Add flavor packet to laxative mixture to enhance taste. (Crystal Light™). Cap bottle and shake to dissolve the powder. The reconstituted solution will be clear & colorless. **Refrigerate the mixed solution** – it will taste better when it is cold. Use within 48 hours.

Between 4 - 6 PM begin **drinking** a glass of solution every 15 minutes until you finish 2 liters (half of the container). Place the rest in the refrigerator until time for the second dose. Remember to continue drinking additional clear fluids to prevent dehydration from the diarrhea or dizziness from low blood sugar.

**DAY OF THE PROCEDURE**

At ____ AM, begin drinking the last 2 liters of solution until you finish it all. Your stool should be CLEAR YELLOW, like urine. Continue drinking clear liquids UNTIL two (2) hours prior your procedure.

Please do not have anything by mouth after ______ two (2) hours prior to procedure including gum, water, mints, and lozenges. Doing so may cause a cancellation of your procedure.

**AFTER THE PROCEDURE**

Your transportation must arrive with you to the procedure, must stay on hospital grounds, and must leave with you to drive you home. You **CANNOT** drive, walk, or take a taxi or public transportation **without someone with you.** It is very important that you have someone you trust to receive your discharge instructions. You should not plan to drive for at least 12 hours after your procedure. **AVOID** – Alcohol and sedatives for 24 hours after the procedure. If you had biopsies or polyps removed, please consult with your doctor when to resume blood thinners.