



Colonoscopy

PREPARATION INSTRUCTIONS - EXTENDED PREP WITH GOLYTELY

Date of Procedure: _____

Check in Time: _____

Location of Procedure: _____

Physician Performing Procedure: _____

What is a colonoscopy?

A colonoscopy is a procedure that lets your health care provider check the inside of your entire colon (large intestine). The procedure is done using a long, flexible tube called a colonoscope. The tube has a light and a tiny camera on one end. It is put in your rectum and moved into your colon. In addition to letting your provider see the inside of your colon, during a colonoscopy, your provider may remove tissue or polyps (abnormal growths) for further examination.

General Information

- **Cancellations/Rescheduling/Questions: A 72-HR NOTICE IS REQUIRED.** If you must cancel or reschedule your procedure, please call 602-541-1575
- If you take medication to thin your blood and have not already discussed with our office, please call 602-541-1575
- You must arrange for a ride (no taxi or buses) for the day of the exam. If you fail to arrange transportation with a responsible adult, your procedure will need to be cancelled and rescheduled.

Medications to pick-up

- Golytely Bowel prep kit (prescription from pharmacy)
- 4 Dulcolax laxative tablets containing 5 mg bisacodyl each (over the counter)
- Simethicone 2 tablets (over the counter)
- 10oz bottle of Magnesium Citrate

Five days before your colonoscopy

- Stop blood thinners such as coumadin (Warfarin), clopidogrel, (Plavix), Prasugrel (Effient) Ticagrelor (Brilinta) and full dose Aspirin (325 mg). **Please discuss with your primary care physician or other prescribing physician about bridging these medications if needed.**
- Stop taking iron pills, NSAIDS such as ibuprofen, and fish oil supplements

Two days before your colonoscopy

- Stop eating high-fiber foods, such as popcorn, beans, seeds (flax, sunflower, quinoa), multigrain bread, nuts, salad/vegetables, or fresh and dried fruit. Stop fiber supplements such as Metamucil, Citrucel or Benefiber. If you have difficulty having a bowel movement or have issues with constipation, you may use a laxative like Miralax, Senokot, or Dulcolax daily starting 5 days prior to your procedure.
- Stop taking blood thinners such as rivaroxaban (Xarelto), apixaban (Eliquis), dabigatran (Pradaxa). **Please discuss with your primary care physician or other prescribing physician about bridging these medications if needed.**
- Drink 10 oz of Magnesium Citrate (not red or purple)

The bowel preparation solution will be consumed in two parts.

One Day Prior to colonoscopy - (first half of bowel prep)

- Begin a clear liquid diet. **Do NOT eat solid foods**
 - **Clear Liquid Diet:**
 - **SOUPS:** Clear broth, chicken broth (**NO noodles or vegetables in broth**).
 - **BEVERAGES:** Black coffee or tea (**NO milk or non-dairy creamer**), Kool-aid, Gatorade, Powerade, Pedialyte, carbonated and non-carbonated drinks, apple juice, white grape juice.
 - **OTHER:** Jello, popsicles.
 - **Do Not Drink Or Eat Any Red Or Purple Colored Beverages, Jello Or Popsicles.**
- Drink at least 8 glasses of water during the day to avoid dehydration as bowel prep does not hydrate you.
- Mix the bowel prep (Golytely) solution according to the instructions in the kit and refrigerate.
- **At 5:00 pm**, take 4 Dulcolax tablets
- **At 6:00 pm** begin drinking the Golytely, drink one glass every 10 minutes until half of the mixture is gone. Set a timer for every 10 minutes to keep pace.

If you experience preparation-related symptoms (for example, nausea, bloating, or cramping), pause or slow the rate of drinking the additional water until your symptoms diminish.

Day of the Colonoscopy - (second half of the prep)

- **Four hours before the colonoscopy**, start drinking the rest of the Golytely, one glass every 10 minutes, drink over one hour. **This is very important!! Set an alarm to help wake you up in time.**
- Please take 2 tablets of simethicone (Gas-X or similar, available over the counter) with the last glass of Golytely. **Finish drinking all of the Golytely 3 hours before the procedure.**
- The goal of the prep is to completely rid your body of food particles and stool. Your bowel movements should be watery and clear to light yellow in color. It is still important to continue drinking your prep until it is completely gone even if your stool has become clear. **No brown liquid or chunks of stool should be seen.** If you see this, contact the office for further instructions.
- You may take all of your morning medications as usual with sips of water up to 3 hours before your procedure.
- **Do not drink or eat anything 3 hours prior to procedure.**

A clean colon is a safe colon for colonoscopy!

If you experience problems with your prep contact the office at: 602-541-1575.