

TRIANGLE GASTROENTEROLOGY  
Colonoscopy Preparation - GoLytely

**Must purchase from Pharmacy a few days in advance: GoLytely**

**REMINDERS** \_\_\_\_\_

- If you take insulin or oral diabetic medication, please call for specific instructions prior to your exam. Check your blood sugar before coming in for your procedure.
- If you use inhalers or a CPAP machine, bring them with you.
- Please let us know if you have a cardiac defibrillator.
- Do not take any product containing Ibuprofen, Aspirin, Iron (Multi-Vitamins, etc.) or arthritis medications (including over the counter), for four days prior to the procedure. If you have any kind of pain, you may take Tylenol.
- If you take blood thinners (i.e.: Coumadin or Plavix) please contact your prescribing physician for instructions if and when to stop these medications prior to your procedure.
- ***Please arrange for an adult to drive you to the surgery center, to remain there with you until you are discharged, to drive you home and to stay with you for 24 hours after surgery.***

**DAY BEFORE YOUR TEST**

Drink only clear liquids for all meals and snacks. Eat no food or milk products. (Refer to Clear Liquid Diet Sheet)

1. At 6:00 PM: Take 2/3 of the solution. Drink 8 oz every 10 minutes. Bowel movements should begin about one hour after starting the prep.

**THE MORNING OF YOUR PROCEDURE**

1. At \_\_\_\_ AM (Five hours before your procedure), drink the remaining 1/3 of the solution until it is finished. It is important that you drink all of the prep.
2. If you are on blood pressure medications, please take your morning dose at this time.
3. ***Nothing by mouth 4 hours prior to the procedure, except your blood pressure medication as indicated above.***

**IMPORTANT TIPS:**

- Please bring in a list of all current medications - including vitamins.
- The **prep will cause diarrhea** to clean your bowel for the exam. Once you have started the prep, do not make plans to leave home. Using baby wipes instead of toilet tissue reduces irritation from frequent wiping.
- If you become nauseated while taking the prep, ***slow your rate of drinking it.*** The prep will still be effective even if you drink it over 2 to 4 hours, however your morning dose must be consumed within 1 hour. It is unlikely to work if you do not complete it. An ineffective preparation may result in cancellation of the procedure.
- If for any reason you must cancel this procedure, please give a 48-hour notice or you will be charged \$100.00.

<b>Exam Date:</b> _____	<b>Exam Location:</b> _____
<b>Time to Arrive:</b> _____	<b>Time of Test:</b> _____

**If you have any questions, please call (919) 881-9999**

**\*If a biopsy is taken, there will be a separate bill\***

# CLEAR LIQUID DIET

One day before your procedure you are on a CLEAR LIQUID DIET.  
Please make sure you drink lots of fluids throughout the day.

## Foods that are allowed:

SOUPS:	Clear broth (chicken, beef, veggie), broth from noodle soup but <b>DO NOT</b> eat the noodles
BEVERAGES:	Tea (decaf/regular), clear soda, fruit flavored drinks (Gatorade-orange, lemon-lime), water
JUICES:	Apple, white grape, lemonade (NO ORANGE JUICE)
DESSERTS:	Jell-O (DO NOT USE RED/PURPLE FLAVORS), iced popsicles
MISC:	Sugar, salt, honey, syrup, clear hard candy

## NO RED OR PURPLE

### Foods that are NOT allowed:

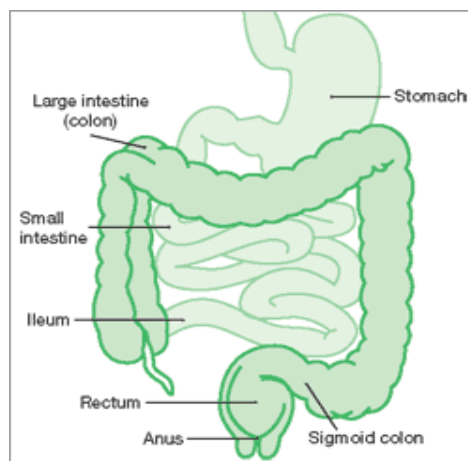
Milk, milk drinks  
Fruit juices with unstrained fruit  
Meats and meat substitutes  
Vegetables  
Grains & starches  
Fats

PLEASE MAKE SURE AND STAY WELL HYDRATED ALL DAY THE DAY BEFORE YOUR PROCEDURE.

### What is a colonoscopy?

A colonoscopy (co-lin-aws-cah-pee) is a common medical test. It may be given to look for early signs of cancer of the colon and rectum or to help diagnose certain medical conditions.

During the test, your doctor will put a thin, flexible, lighted tube, called a colonoscope, into your rectum and colon. The colonoscope lets your doctor take pictures and look at the lining of your colon.



### **Why does my doctor want me to have a colonoscopy?**

Your doctor needs to know if there are any problems in your colon or rectum. During a colonoscopy, your doctor will check your colon and rectum to see if there are any polyps (small growths) or other irregularities.

### **I don't feel anything. Why do I need to be checked for colon cancer?**

Very often, people don't feel anything in the early stages of colon cancer. That is why your doctor may want you to have a colonoscopy now. This test may help save your life. One of the purposes of a colonoscopy is to help your doctor look for signs of colon cancer. If there is cancer in your colon or rectum, the earlier your doctor can find and treat it, the better.

### **What happens during a colonoscopy?**

First, your doctor will give you medicine to help you relax. Then you will lie on your side or back. Your doctor will slowly and gently put a thin, flexible tube into your rectum and up through your colon.

### **Will I feel anything?**

Your doctor will give you medicine before the test. That way you will feel less discomfort. You may, however, feel some pressure, bloating, or cramping during the test.

### **How long will it take to do the test?**

The test itself usually takes less than an hour. Then you will have to rest for a while until the effects of the medicine wear off. Just to be safe, do not plan to drive yourself home after your test. Ask a loved one or friend to go with you on the day of your test. Before leaving, your doctor will talk with you about your test and will let you know when you can go back to eating your regular diet.