

COLONOSCOPY PREPARATION-Golytely

Colonoscopy is a routine, generally safe, pain-free procedure used to examine the colon. These are the steps that you must take before the procedure to ensure the highest level of safety and effectiveness. We know it is inconvenient, but a clean colon will lead to an efficiently and safely performed colonoscopy that will lead to good gastrointestinal health.

Please follow these instructions-not the ones on the container

For this preparation you will need:

1. Golytely (picked up from you pharmacy) Follow the instructions given to you by Digestive Health Specialists. This prep is time sensitive and requires you to follow the directions exactly.

The day before your Colonoscopy: (NO SOLID FOOD)

Early in the morning, mix your gallon of Golytely according to the instructions on the reverse side of this page and put in the refrigerator to chill

Drink only clear liquids throughout the day.

You may not have any solid or soft food. Milk and other dairy products are not allowed.

NO red or purple liquids.

Clear liquids are those you can “see through”

Examples include:

- | | |
|---|---|
| ❖ Water | ❖ Jell-O |
| ❖ Apple Juice | ❖ Ice popsicles |
| ❖ White cranberry juice | ❖ Black coffee (No creamer or milk) |
| ❖ White grape juice | ❖ Hard candies |
| ❖ Tea (no milk or cream) | ❖ Carbonated Soda |
| ❖ Clear broth or bouillon | ❖ Sports drink (Gatorade, Vitamin Water, Power Ade, etc.) |
| ❖ Ginger Ale | |
| ❖ Lemon Lime soda | |
| ❖ Lemonade (no pulp) | |
| ❖ Kool-Aid or other fruit flavored drinks | |

At 6:00pm you will drink half of the container of Golytely (approx. 2 liters). (See reverse side for detailed instructions) Remember you are to continue consuming clear liquids throughout your preparation process. **This can continue until 3 hours before your procedure.**

When you finish half of the container of Golytely (approx. 2 Liters) put the remainder in the refrigerator.

The day of your Colonoscopy:

Today you will drink the second half of your Golytely solution. You may be getting up very, very early to drink this last half. (See other side for detailed time and instruction)

*****Reminder***** You must follow these instructions to achieve the best results for you and your Doctor. Failure to do so may result in cancellation of your procedure or you may have to repeat the procedure at a later date.

COLONOSCOPY INSTRUCTIONS USING GOLYTELY

GOLYTELY is a laxative that cleans out your colon before a colonoscopy. It works by causing diarrhea. **You must complete the entire prep to ensure the most effective cleansing.**

It is important that you follow your physician's instructions regarding consumption of clear liquids before your colonoscopy. You must not drink anything, including your prep 3 hours prior to your procedure time.

INSTRUCTIONS FOR MIXING YOUR GOLYTELY SOLUTION

The day prior to your colonoscopy add water to the fill line on your Golytely container. Mix well and put the container in the refrigerator to chill.

FIRST DOSING REGIMEN Date _____ Start time **6:00 PM**

Every 15 minutes, drink approximately 16 ounces, until half the amount is gone. You may start going to the bathroom after only a couple of glasses, but be sure to drink **2 liters of the solution. (Half of the container).**

Drink an additional 16 ounces of the acceptable clear liquid of your choice. You may consume this liquid while drinking your prep. This is a necessary step to ensure adequate hydration and an effective prep.

Put the remaining Golytely Solution in the refrigerator for the morning.

Remember you can continue to drink clear liquids!

SECOND DOSING REGIMEN Date _____ Start time _____ AM/PM

Beginning at the time listed above, drink the remaining Golytely Solution (2 Liters). You can continue drinking clear liquids until the time specified below.

Make an effort to drink additional clear liquids until _____ AM/PM. At that point, it is important that you do not consume anything until after your colonoscopy.

You must complete the entire prep to ensure the most effective cleansing.

PLEASE READ:	TIPS & TRICKS :
<p>DO NOT take any Medications within 1 hour of starting to drink the solution</p> <ul style="list-style-type: none">• Chills, Nausea, Cramping & Abdominal Fullness are typical side effects of the prep.• If you are having difficulty drinking the prep because of these symptoms-take a break from drinking, walk around, and resume drinking the prep. If you are on your morning dose-you must finish drinking 3 hours before you procedure time.• If you have problems completing your prep or you are still passing brown fluid after completing your prep, please contact the office 480-563-5757.	<ul style="list-style-type: none">• Use wet wipes and Vaseline/Desitin to ease the discomfort.• Put your prep over ice and use a straw to drink it• Use ginger-ale, lemon/lime wedges or any clear liquid in between the prep to make it more enjoyable.• Suck on hard candies• Remind your self you are doing this for you own health• Once your procedure is over you can eat! <p>****Remember- No liquids (including prep) 3 hours before your procedure****</p>