

Colonoscopy — GoLYTELY® Prep

Colonoscopy

A colonoscopy is a procedure that lets your health care provider see your large intestine (colon). This procedure is done using a long, flexible tube (a “scope”) that passes into your rectum and through your colon.

The procedure takes about 15 to 30 minutes. You should plan to be at the location for up to 2 hours.

What You Will Need to Buy

- Buy the following ingredients:
 - Simethicone (Gas-X® or gas relief medicine) 80mg or 125mg tablets, chewables, or softgel. Simethicone is available over the counter in a variety of forms and dosages. Capsules, chewable tablets, and liquid are all acceptable forms. If you are buying 125mg tablets, purchase enough simethicone to take 2 tablets. If you are buying 80mg tablets, purchase enough to take 3 tablets.

2 Weeks Before Your Procedure

Contact your prescribing provider if you take:

- any type of blood thinners (such as warfarin, Jantoven®, Eliquis®, Plavix®, etc.)
- insulin or a diabetic medication (such as Novolog®, Humalog®, etc.)
- GLP-1 agonists for diabetes or weight loss (such as Trulicity®, Ozempic®, Wegovy®, Zepbound®, etc.)

For your safety, medications may need to be stopped or changed prior to your scheduled procedure as they can cause complications.

Your Procedure

Location: _____

Health care provider: _____

Date: _____

Arrival time: _____ a.m. / p.m.

Procedure time: _____ a.m. / p.m.

Phone number: _____

Call the phone number above if you have questions about your procedure. If you need to cancel or reschedule, call at least 24 hours before your procedure.

- You may receive a phone call from a nurse within 1 week of your procedure.
- **7 days before your procedure**, stop taking fiber supplements and medications containing iron. This includes multivitamins with iron, Metamucil and Fibercon.
- **3 days before your procedure**, begin a low-fiber diet. Examples include white bread, white rice, fish, chicken, eggs, cooked vegetables, milk, plain yogurt. Do not eat popcorn, seeds or nuts.
- Tell the health care provider doing your procedure if you:
 - are allergic to any medicines or latex
 - are pregnant
 - have bleeding after surgery.
- Arrange to have someone drive you home and stay with you for 12 hours after your procedure.** You will not be able to drive after your procedure. You cannot take public transportation, a taxi or other ride-hailing services home alone.

2 Days Before Your Procedure

- ❑ Fill your prescription for GoLYTELY® at your pharmacy.

The Day Before Your Procedure

- **For the entire day:** Follow a clear liquid diet. You can have water, clear broth or bouillon, soda pop, sports beverages, gelatin (no red gelatin), frozen ice treats on a stick, coffee or tea, and fruit juices without pulp (apple, white grape). You may also have hard candy. **Do not eat solid food.**
- Drink at least 8 glasses of water.
- **Do not drink:** tomato juice; orange juice; any red-, purple- or dark blue-colored liquids; alcoholic beverages; milk or non-dairy creamer.
- You may use healing ointment (Vaseline®, Desitin®) on the area around your anus to protect your skin from getting sore.
- ❑ **At 3 p.m.:** mix GoLYTELY by following the instructions on the box.
 - You can add 2 tablespoons of drink mix such as Crystal Light® to the powder, before adding water, to make it taste better.
 - Drink 8 ounces of the mixture every 10 to 15 minutes until ½ of the GoLYTELY is gone.
 - Take 240-250mg of simethicone (Gas-X® or gas relief medicine).
 - If you begin to have an upset stomach (nausea), slow down and drink 8 ounces of the mixture every 30 to 45 minutes.

The Day of Your Procedure

- **6 hours before your procedure (for example: 1:30 a.m. for a 7:30 a.m. procedure) drink the remaining half:** Drink one 8 oz. glass of GoLYTELY solution every 15 minutes until the solution is completely gone. You will drink about eight, 8 ounce glasses. Keep the solution in the refrigerator until your next glass.

- **4 hours before your procedure (for example: 3:30 a.m. for a 7:30 a.m. procedure):** Take any other regular medicines with a small sip of water. Do not take chewable vitamins or supplements. Then, do not eat or drink anything, including hard candy and tobacco products.
- Allow extra time to travel to your procedure. You may need to stop and use a restroom along the way.
- Prep results must be clear (toilet bottom visible) without any stool or brown liquid stool. If not, call your proceduralist's care team.
- When you arrive for your procedure, check in at the registration desk.
- Your driver should plan on staying in the facility during your procedure.
- You will be asked to wear a hospital gown and slippers.
- A nurse will review your medical history with you. You will be asked to sign a consent form.
- A nurse will insert an intravenous (IV) line into your hand or arm.

Will It Be Uncomfortable?

- You will be given medicine through an IV line to help you relax and reduce pain. The medicine may put you to sleep.
- You may feel cramping and gas-like pain.
- Take slow deep breaths to help you relax.
- Tell your health care provider or nurse if you are uncomfortable.

After Your Procedure

- Your driver will take you home to rest.
- Do not return to work after your procedure.
- You may resume your normal foods, beverages and medicines.
- Your stools may not return to normal for 3 to 5 days.
- Your health care provider will talk with you about any problems.

If You Had a Polyp Removed or Other Biopsy Taken

- Look for signs of bleeding such as black or red stools. You may have bleeding up to 2 weeks after your procedure.
- You will be contacted with your results.

When to Call Your Provider

Call your health care provider if you have one or more of the following after your procedure:

- any unusual abdominal or shoulder pain
- temperature higher than 100.5 F
- chills
- rectal bleeding.