

GoLyteLy® Lavage Preparation for a Colonoscopy (Afternoon Procedure)

In order to achieve an accurate evaluation of your lower gastrointestinal (GI) tract, it is important that you properly prepare for the procedure. Doctors are able to obtain the clearest view of the bowel when it is flushed completely free of waste material. The thoroughness of this intestinal cleaning depends on you. Without your cooperation, the examination cannot accomplish its purpose and may have to be repeated.

SUPPLIES:

GoLyteLy® Lavage solution.

5

DAYS BEFORE THE PROCEDURE:

Do not take any aspirin, NSAIDs or Ibuprofen products. Tylenol (acetaminophen) is allowed



Do not take bulk fiber supplements like Metamucil, Konsyl, Citrucel, etc. Do not consume salads or any foods that contain seeds or nuts. These foods take longer to pass through the bowel and should be avoided.

If you are taking anticoagulants or blood thinners such as Coumadin, Plavix (clopidogrel), Persantine (dipyridamole), Ticlid (ticlopidine), Aggrenox, Pletal or aspirin regularly, please discuss this with your physician. In most circumstances, these medications are discontinued prior to your procedure.

THE DAY BEFORE THE PROCEDURE:

You may have a light breakfast before **9:00 AM**; avoid seeds, nuts, salads, fiber rich foods, and grains such as oatmeal or grits. The rest of the day you will need to follow a clear liquid diet. We ask that you avoid dark colored clear liquids (red, purple or dark blue). NO milk products, NO vegetables, NO breads or grains, NO meats and NO fats or oils are allowed. By rule of thumb, a clear liquid is one that can be seen through. Some examples include: clear juices without pulp, clear soda, chicken or beef broth, popsicles, Jell-O, Italian ice, tea, coffee, clear hard candy, etc. If you are diabetic, drink regular (non-diet) liquids in moderation throughout the day.

Mix 1 gallon of GolyteLy lavage solution according to the directions on the label. You may add enough Crystal Lite to flavor one gallon as long as it has a lemonade or citrus flavoring. Do not add any pink or red colored flavorings to the solution.

THE DAY OF THE PROCEDURE:

DO NOT HAVE ANYTHING TO EAT

At **5:00 AM**, take any currently prescribed heart and blood pressure medications (except for blood thinners as detailed above).

If you are diabetic: Do not take your diabetic medication (pills or insulin) the morning of your procedure.

At **6:00 AM**, begin drinking the solution. Drink an 8 oz glass every 10 to 15 minutes. It is best to drink the whole glass rapidly rather than sipping small amounts continuously. Drink the solution until your bowel movements are clear (like water) or pale yellow (like urine). The amount of liquid required to accomplish this is different for every patient, but we recommend drinking the entire solution. Bowel movements should occur about one hour after the last glass of solution. They will continue for approximately one to two hours after completing the last glass.

This prep must be completed by **8:00 AM**.

NOTE: It is normal to feel very “full” or “bloated” during your prep. Some people may also experience nausea and vomiting. If this occurs, simply wait about 30 minutes before resuming drinking. This will likely disappear once bowel movements begin. If the vomiting resumes, please call our office. If your bowel movements are not clear or pale yellow after drinking the entire solution, please also call our office at **(305)-223-5858**.

You may drink clear liquids until **5 HRS** before your procedure. Also, no chewing gum, hard candy or chewing tobacco may be consumed at least **5 hours** before your appointment.

Please report to your appointment at the scheduled time.

NOTE: The procedure will last about one and one-half to two hours. A driver must come with you in order to drive you home after the procedure. You will be sedated for your colonoscopy and you may not drive or work for **12 hours** after the procedure.

Kendall Regional Endoscopy Center can be contacted at (305) 227-5578.