

# Methodist Health System

## Extended Golytely Bowel Prep Instructions

You are scheduled for a **Colonoscopy**. A colonoscopy is a test that lets your doctor see inside your colon (large intestine). Your doctor will use a colonoscope (a flexible tube with a camera on the end) to look inside your colon. The images will appear on a video monitor.

**READ these instructions on the day you receive them. Follow the instructions carefully. If you have any questions, please call the office.**

- **IMPORTANT:** A responsible adult must be present to drive you home after your colonoscopy. Your colonoscopy may be cancelled if you do not have an adult to drive you home after your procedure.

### One Week before your Colonoscopy

**Diabetic Patients:** If you are diabetic, ask your healthcare provider who manages your diabetes what to do the day before and morning of your procedure. Tell them you will be following a clear liquid diet the day before your procedure.

**Medication Restrictions:** Contact your cardiologist, vascular surgeon or referring provider if you take an anti-coagulant medication, ant-platelet drug, aspirin, or non-steroidal drug to find out when you should stop these medications.

### Recommendations:

- Coumadin/Warfarin hold for 5 days
- Eliquis/Xarelto hold for 48 hours
- Plavix/Clopidogrel hold for 5 days
- Pradaxa hold for 72 hours
- GLP-1s/phentermine hold for 1 week
- NSAIDs (Ibuprofen, Aleve, Advil, Celebrex, Meloxicam) hold for 4 days

### Proper bowel prep (cleansing) is required prior to having a colonoscopy.

If there is stool left in the colon, the provider may not be able to see any abnormalities and may require the colonoscopy to be repeated. It is critical that you follow these instructions.

### Five (5) Days before your Colonoscopy

- Do not take any herbal supplements, vitamins, stool bulking agents (such as Metamucil or Citrucel), or iron supplements. Iron and herbal supplements can change the color and consistency of your stool, making it hard to see in your colon during the procedure.

### Three (3) Days before your Procedure

- Buy your prep supplies at the pharmacy:
  - Prescribed Golytely prep kit
  - Dulcolax laxative tablets. You do not need a prescription for the tablets. (Over the Counter)
  - Miralax - 238 grams bottle. You do not need a prescription. (Over the Counter)

- Gatorade – 64 ounces (do not buy red, purple, or blue)
- If you like to drink your liquids cold, place the Golytely in the refrigerator.
- Follow a low fiber diet.
  - Do not eat raw or cooked fruits or vegetables
  - Do not eat Nuts, Popcorn, Seeds, Whole Grains
  - Do not eat Corn (including canned)

\*\*You may eat meat, anything made with white flour, dairy products, baked or mashed potatoes with no skin.

## Two (2) Days before your Colonoscopy

- No solid food or alcohol
- **Follow a clear liquid diet. \*\*Do not drink liquids that are red, purple, or blue in color.**
  - Water
  - Clear fruit juices (white grape or apple)
  - Tea or coffee (without cream)
  - Kool-Aid or Powerade
  - Clear soup, broth or bouillon
  - Popsicles
  - Hard candies
  - Soda pop (7-up, sprite, regular or diet Pepsi/Coke, Ginger Ale, Orange Soda)
  - Jell-O
- **8:00 a.m.:** Drink 12 ounces of clear liquids (from approved list above).
- **10:00 a.m.:** Drink 12 ounces of clear liquids
- **11:00 a.m.:** Drink 12 ounces of clear liquids
- **12:00 p.m.:** For lunch, you may have clear broth, plain Jell-O, and 12 oz of any of the clear liquids listed above.
- **1:00 p.m.:** Drink 12 ounces of clear liquids
- **2:00 p.m.:** Drink 12oz of clear liquids
- **3:00 p.m.:** **Take 4 Dulcolax Laxative pills with a large, 12-ounce, glass of water.**
- **5:00 p.m.:** **Mix the 238 gram bottle of Miralax in 64 ounces of Gatorade. Drink an 8-ounce glass every 10-15 minutes until gone.**
- **9:00 p.m.:** Drink 12 ounces of clear liquids
- **10:00 p.m.:** Drink 12 ounces of clear liquids

## One (1) Day before your Colonoscopy

- No solid food or alcohol
- **Follow a clear liquid diet. \*\*Do not drink liquids that are red, purple, or blue in color.**
  - Water
  - Clear fruit juices (white grape or apple)
  - Tea or coffee (without cream)
  - Kool-Aid or Powerade
  - Clear soup, broth or bouillon
  - Popsicles
  - Hard candies

- Soda pop (7-up, sprite, regular or diet Pepsi/Coke, Ginger Ale, Orange Soda)
- Jell-O
- **8:00 a.m.:** Drink 12 ounces of clear liquids (from approved list above).
- **10:00 a.m.:** Drink 12 ounces of clear liquids
- **11:00 a.m.:** Drink 12 ounces of clear liquids
- **12:00 p.m.:** For lunch, you may have clear broth, plain Jell-O, and 12 oz of any of the clear liquids listed above.
- **1:00 p.m.:** Drink 12 ounces of clear liquids
- **2:00 p.m.:** Drink 12oz of clear liquids
- **3:00p.m.:** **Begin drinking the gallon of Golytely.** Drink a large glass of 8-12 ounces every 10-15 minutes until the gallon of Golytely is completely gone. This should take you 2-3 hours to finish.
- **6:00p.m.:** **Take 4 Dulcolax pills with a large, 12-ounce glass of water.**
- **7:00p.m.:** Drink 12oz of clear liquids
- **8:00p.m.:** Drink 12oz of clear liquids
- **9:00 p.m.:** Drink 12 ounces of clear liquids
- **10:00 p.m.:** Drink 12 ounces of clear liquids
- **12:00 a.m.:** **Take nothing else by mouth after you have finished the prep.**

**What if I can't keep the prep down, or feel like I am going to vomit if I drink another glass of prep?**

- Stop drinking prep for 30-45 minutes until symptoms subside, then resume prep. If you are unable to keep the prep down, call the office.

**The Day of your Colonoscopy**

- No recreational drug use, no smoking, vaping or use of chewing/smokeless tobacco products, gum, mints, or candy after midnight.
- Diabetics, take only the medications that you were instructed to take.
- **Take nothing else by mouth after you have finished the prep.**
- Please call the office if your bowel movements are still brown and have not cleared after completing all the steps. Your bowel movements should be clear yellow liquid.
- **WARNNG:** Prep can cause dehydration if liquid intake is less than the recommended amounts. If you experience any problems, please call your provider or go to the emergency room.

**What to Wear**

- Comfortable, loose fitting clothing
- Shoes with flat soles or tennis shoes
- Do not wear jewelry

**What to Bring**

- Current insurance card. Please notify the office if your insurance has changed since you scheduled your colonoscopy. Some insurance carriers may not be accepted.

- **During the check-in process, you will be asked the name of your driver.** If you have not arranged for a responsible driver to take you home, **your procedure may be cancelled.**
  - We recommend that you have someone drive you to the facility, WAIT while you have your procedure, and then accept responsibility for you at discharge
  - Following your procedure, public transportation is only an option if you are going to be accompanied by a **responsible adult.**
- A list of the providers you would like to have a copy of your colonoscopy report.

### After your Colonoscopy

- Do not drive, operate machinery, return to work or make important decisions for the remainder of the day.
- You may begin eating light foods as soon as you're discharged. Avoid spicy, greasy, and fried foods at first. Work your way up to your normal diet.
- Drink six – 8 ounce glasses of liquid before going to bed.
- Do not drink alcoholic beverages for 24 hours after your procedure.
- You may resume your normal activities tomorrow, unless the doctor states otherwise.
- Follow any additional discharge instructions you may have been given.
- If you had a biopsy, it is normal to have a small amount of bleeding from your rectum. There should not be more than a few drops of blood. The bleeding should stop within 24 hours after your procedure.
- It is normal for your bowel movements to be irregular or different from your usual habits after a colonoscopy. This may last for up to a week after your procedure.

### When to Call Your Healthcare Provider

Call your healthcare provider if you have any of the following:

- A fever of 101 °F (38.3 °C) or higher.
- Very bad stomach pain or bloating.
- Bleeding from your rectum that lasts more than 24 hours.
- Bleeding between bowel movements.
- Weakness, faintness, or nausea.
- Heavy bleeding from your rectum.

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