



## Colonoscopy Bowel Prep Instructions - GoLyteLy

Procedure Date / Start Time \_\_\_\_\_

Your ARRIVAL Time \_\_\_\_\_

Procedure Location

Main Office (Dowell Springs Blvd)  North Office (Delozier Way)  West Office (Parkside Dr)

### Planning for the Procedure:

- **You will need a driver** to take you home. You may not drive at all on the day your procedure is performed. We will not sedate you **unless** we have the name/phone # of the person who is taking you home.
- Your entire visit at our office on the day of your procedure may last up to 3 to 4 hours. Please advise your driver that they must remain in the unit or nearby during your entire visit.
- If you wear **dentures** -- for safety reasons, you will be expected to **remove** them before your procedure.
- Dress comfortably in clothes that can be easily removed/folded.
- If you have not received your bowel prep materials (laxative kit), or if you must cancel/reschedule your appointment, please call our office at 865-588-5121.

### Supplies needed:

- Fill your prescription for **GoLyteLy** at your local pharmacy and purchase 1 box of Dulcolax tablets (at least 3 tablets).

**DRINKING THE PREP – Follow the instructions exactly as written** to ensure a successful procedure.

### 7 days before your colonoscopy:

- If you take aspirin (325 mg or less) or NSAIDs (Advil, Aleve, Motrin, Mobic or ibuprofen), you may continue to take them as usual.
- If you take a blood thinner or high dose aspirin (greater than 325 mg), see attached sheet for instructions. Check with your doctor to be sure it is safe to hold your medication.
- Stop taking iron supplements and multivitamins that contain either iron or Vitamin E.

### 3 days before your colonoscopy:

- Stop eating popcorn, corn, seeds, nuts, beans, fruits with small seeds, and celery.
- If you take oral meds for diabetes, contact your doctor to see if your dose needs to be adjusted on the day before your procedure.

### 1 day before your colonoscopy:

- Begin a clear liquid diet (see table below). **No solid food is allowed on this day.** Drink at least 8 glasses of water from 8 AM-4 PM.
- **At 9 AM**, fill the **GoLyteLy** jug with lukewarm water up to the fill line, put the lid on, and shake to dissolve. Refrigerate.
- **At 4 PM**, take the jug out of the refrigerator.
- **At 5 PM**, begin drinking the solution by consuming 1 glass every 15 minutes until ½ of the jug is finished. If you become nauseated, try drinking at a slower pace. It may help if you drink it thru a straw. Refrigerate the remaining solution in the jug.
- **At 10 PM**, take 3 Dulcolax tablets.

#### **Clear liquids which are allowed:**

Gatorade, Pedialyte, or Powerade  
 Coffee or tea (No milk or non-dairy creamer)  
 Carbonated and non-carbonated soft drinks  
 Kool-Aid or other fruit-flavored drinks  
 Apple juice, white cranberry juice, or white grape juice  
 Jell-O, popsicles

#### **Non-clear liquids – NOT allowed:**

Red or purple items of any kind  
 Alcohol  
 Milk or non-dairy creamers  
 Juice with pulp  
 Any liquid you cannot see through

### Day of your colonoscopy:

- Four (4) hours before your procedure start time, drink the remaining **GoLyteLy** solution at a rate of 1 glass every 15 minutes. Finish the remaining solution no later than 2 hours before your procedure start time. **DO NOT** use any form of tobacco (cigarettes, chew, dip, vape) on the day of your procedure to avoid risk of cancellation.
- Two (2) hours before your procedure start time, you may take your morning meds with 1-2 sips of water. **DO NOT** drink anything else. **DO NOT** chew gum or eat hard candy. **DO NOT** wear any perfume or cologne. If you have asthma, bring your inhalers. If you take injectable insulin, bring it with you.

### **Additional helpful tips:**

1. Stay near a toilet! You will have diarrhea, which can be quite sudden. This is normal.
2. If you have nausea or vomiting with the prep, give yourself a 30-60 minute break, rinse your mouth or brush your teeth, then resume drinking the prep.
3. Anal skin irritation or hemorrhoid inflammation may occur. If this happens, treat it with over-the-counter-remedies, such as hydrocortisone cream, baby wipes, Vaseline, Desitin, or TUCKS pads. Avoid products containing alcohol. If you have a prescription for hemorrhoid cream, you may use it. Do not use suppositories.