

## Colonoscopy Preparation: GoLYTELY – Single Dose

A nurse will be calling you on \_\_\_\_\_ to go over these instructions. Please keep these instructions in a convenient place so that you can use it during the phone call.

### Appointment Date

Day: \_\_\_\_\_

Time: \_\_\_\_\_ a.m. p.m.

The day before your procedure, the Endoscopy Center will call you between 1 p.m. and 3 p.m. with your arrival time for the next day. If you do not get a call by 3 p.m. please call **716-845-1424**.

### Questions?

Please call the Endoscopy Nurse at **716-845-8546** or **716-845-1424**

### What Is A Colonoscopy?

A colonoscopy is a test that lets your doctor:

- see the inside of your large intestine or colon
- take a biopsy (a small amount of tissue from the inside of your colon for examination under a microscope)
- remove polyps (lesions on the lining of the colon)
- control or prevent bleeding
- stretch an area that has narrowed

The doctor inserts a colonoscope (a long, flexible, lighted instrument) through the anus, and gently guides it through the colon. The test usually takes 30-60 mins.

Body waste (stool) in the colon can hide disease and cause the procedure to last longer. **You must empty your colon completely.** If you do not, you may have to repeat the exam at another time.

## General Information

- **On the day of your test, you must bring a responsible adult with you to your procedure who can take you home. If you do not we will cancel your procedure.**
- We ask that your responsible person come with you and stay the entire time. This allows the doctor to meet them and explain the test results in the recovery room. The procedure and recovery take approximately 3-4 hours.
- If you are coming by medical transportation or a cab, you must have a responsible adult accompany you.
- If you are dropped off and will be picked up by your driver, we must verify this with a phone call before the start of your procedure.
- Please tell your nurse or doctor if you may be pregnant.

## Medication Instructions

- When you speak with the nurse, please have a list of all the medications you take, including over-the-counter medicines, herbals, supplements, and vitamins.
- Some over-the-counter and prescription medications can interfere with normal blood clotting and may increase the risk of bleeding.
- **If you have diabetes**, please talk with your doctor or our Anesthesia Perioperative Evaluation Center at **716-845-1673** on how to adjust insulin or other medications to control blood sugar.

**If your doctor gives you different instructions, ALWAYS follow your doctor's instructions.**

<b>7 days (1 week) before the procedure, stop taking:</b>
<ul style="list-style-type: none"><li>• vitamins, herbal medications, supplements</li></ul>
<b>3 days before the procedure, stop taking non-steroidal anti-inflammatory medications (NSAIDs) such as:</b>
<ul style="list-style-type: none"><li>• ibuprofen (Advil®)</li><li>• naproxen (Aleve®)</li><li>• piroxicam (Feldene®)</li><li>• sulindac (Clinorial®)</li><li>• etodolac (Lodine®)</li><li>• diclofenac(Voltaren®)</li><li>• meloxicam (Mobic®)</li><li>• ketoprofen</li></ul>
<b>1 day (24 hours) before your procedure, stop taking enoxaparin (Lovenox®)</b>

If you take medication to treat or prevent blood clots, talk to your doctor about when, or if, you should stop taking your medication before surgery. Medications include:

- apixaban (Eliquis®)
- cilostazol (Pletal®)
- clopidogrel (Plavix®)
- dabigatran (Pradaxa®)
- dalteparin (Fragmin®)
- eptifibatide (Integrilin®)
- fondaparinux (Arixtra®)
- lepirudin (Refludan®)
- prasugrel (Effient®)
- rivaroxaban (Xarelto®)
- ticagrelor (Brilinta®)
- ticlopidine (Ticlid®)
- tinzaparin (Innohep®)
- tirofiban (Aggrastat®)
- warfarin (Coumadin®)

Take the following medications the morning of your procedure as instructed by the endoscopy nurse.

_____	_____
_____	_____
_____	_____
_____	_____

## Instructions for Bowel Preparation

**Bowel preparation solution:** Your doctor will send a prescription for GoLYTELY. Call us at **716-845-8546** if your pharmacy did not receive the prescription.

\*\*If ordered by your doctor, you may be required to do an additional day of clear liquids and 1 bottle of magnesium citrate on \_\_\_\_\_ at \_\_\_\_\_  
Date Time

## The Day Before Your Test

Date: \_\_\_\_\_

- **You will be on a clear liquid diet ALL day. Please drink clear liquids throughout the day.**
- You may drink as much clear liquids as you can tolerate throughout the day and during your prep.

## Suggestions for a Clear Liquid Diet

Remember to avoid all red and purple dyes in your liquids.

- Soft drinks (orange, ginger ale, cola, lemon/lime, etc.)
- Sports drinks (Gatorade or Powerade) or Kool-Aid
- Fruit juice without pulp (apple, lemonade, white cranberry, white grape)
- Water, flavored waters, tea or coffee (you can add sugar, but **NO milk or creamers**)
- Chicken, beef, vegetable broth or bouillon – no added meats, noodles, or vegetables
- Hard candy
- Jell-O
- Popsicles or lemon ice (no sherbets, sorbets, or fruit bars)

Time	What You Need to Do
Between 6 am - 8 am	<ul style="list-style-type: none"> <li>• Drink all the clear liquids you like. Drink juice without pulp and coffee or tea. <b>You may not have any milk or cream during the prep.</b></li> <li>• Take your routine medications unless your doctor gave you other instructions.</li> <li>• Mix the bowel prep solution and put it in the refrigerator. If it is not flavored, you may add 1-2 packets of lemon-flavored drink mix, such as Crystal Light®.</li> </ul>
12 Noon	Have only clear liquids at lunch. You can have clear soup without meat or vegetables.
4 pm	<ul style="list-style-type: none"> <li>• Begin drinking the bowel prep solution. <b>Drink one 8-ounce glass of the solution every 10 to 20 minutes until the whole gallon is gone.</b> It is best to keep it cold and drink each glass quickly. Most of the fluid will move through your system in about 1 hour. The solution will cause you to have many liquid bowel movements, so stay close to toilet facilities. **</li> <li>• Chew 1 Gas X® or simethicone tablet to help relieve gas bubbles.</li> <li>• Drink at least 4 more 8-ounce cups (250 ml each) of clear liquids before midnight.</li> </ul>
12am midnight	<b>Do not eat or drink anything after midnight</b> (including water, coffee, gum)

## The Day of the Procedure – At Home

- Take your medications as instructed by your endoscopy nurse.
- Remove all piercings and jewelry, including rings.
- No contact lenses.
- **Remember to come with a responsible driver who can take you home or we will cancel your procedure.** If you are dropped off and will be picked up by your driver, we must verify this with a phone call before the start of your procedure.

## The Day of the Procedure – At the Hospital

- If instructed to do so, please stop at the Registration Desk in the Main Lobby. Please bring photo ID and insurance cards.
- Proceed to 3 West/Ambulatory Surgery Center on the third floor and check in with the receptionist.
- Be prepared to spend 3-4 hours at the hospital. There may be reasons why your appointment runs late. Our goal is to provide the best care for all of our patients.
- A staff member will come to the waiting room and bring you to a room to get ready for the procedure.
- The medical team will:
  - take your weight, check your blood pressure, pulse, and breathing rate
  - start an IV (a way of delivering medications and fluids directly through your vein)
  - review medical history
  - explain the procedure
  - ask you to sign a consent form
- If you have any questions or concerns, your doctor will answer them before the procedure.
- In the procedure room, you will receive sedation medication through an IV that will make you more comfortable during your procedure. You will feel sleepy, during the procedure.
- A nurse and doctor will remain with you during the procedure.

## After Your Procedure

- You will go to a recovery area and stay there until most of the effects of your medication have worn off and your doctor believes it is safe for you to leave with the assistance of your responsible driver.
- Your doctor will discuss the results of the procedure with you after you are awake.
- If any tissue (polyps, suspicious lesions, etc.) was removed, we will call you in 7 business days after the procedure with the results. If you have not received your results in 7 days, please call the Endoscopy Coordinator: **716-845-1300 Ext: 2853 or Ext: 4225**

## Home Care

- If your anal area is sore or irritated, use medicated pads (Tucks) and petroleum jelly (Vaseline) to help soothe the skin.
- Do not drive a car, operate machinery, or go to work until the day after your procedure.
- Resume diet as directed by your physician
- If any tissue (polyps, suspicious lesions, etc.) was removed from your colon, call your doctor 7 business days after the procedure for the results.

## When to Call the Doctor

Call your doctor right away, if you have:

- severe abdominal pain
- rectal bleeding of more than 4 ounces (1/2 cup or 118 milliliters)
- fever above 100.°F (38°C) or fever with chills
- dizziness or weakness

Call the Endoscopy Center at **716-845-1424 or 716-845-1300 Ext 2853 or Ext 4225.**

The Center is open Monday - Friday, 8 a.m. – 5 p.m. After hours, please call **716-845-2300.** If it is determined you need to be seen, you may be asked to come to our Assessment & Treatment Center (ATC), which is open 24/7.

**If you feel you are in a life-threatening situation, call 911 or go to the nearest hospital emergency room.**

Please contact your doctor at Roswell Park and let them know you have gone to the hospital. If you cannot make the call, please ask the doctor in the Emergency Department to contact us.

## NOTES

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