

Patient Information Sheet for Bowel Preparation

With Golytely, Colyte, TriLyte or Nulytely*

I have discussed with you the need for a colonoscopy. In order for this examination to be completely successful, it is most important that all foreign material be removed from the bowel. By following these directions carefully, you can anticipate a successful bowel examination.

Recent studies show that splitting the dose of the preparation; that is, taking half or 2/3 the night before, and the remaining amount in the morning of the procedure, gives the best results. For early morning procedures, it may mean getting up during the night to take the second dose.

Before your procedure:

1. Obtain the prep solution at any pharmacy: ideally several days before your procedure.
2. On the day before your exam you may have a can of Ensure (do not use EnsurePlus), one egg, or white toast for breakfast, before 9:00 am. Thereafter, have only clear liquids for lunch and dinner. This includes clear broth, sports drinks (such as Gatorade or Powerade), tea, coffee (without milk), plain jello, hard candy, clear fruit juices (no pulp), popsicles, ices, ginger ale and water. Try to avoid red or purple liquids. **You should not eat any solid foods, milk, or milk products.** Sports drinks, such as Gatorade or Powerade, are encouraged as they help keep you well hydrated. Drinking sips of ginger ale helps reduce any nausea that you may experience.
3. **You must not eat or drink anything within 4 hours of your scheduled examination. If you eat or drink anything, even a sip of water, within 4 hours of your exam start time, your exam will be postponed or cancelled.**

The evening before your procedure:

4. About 3:00 pm on the day prior to your procedure, mix the powder with a gallon of water in a gallon jug, as directed by the instructions that came with your prescription. Shake well until the crystals are dissolved and place it in the refrigerator.
5. Begin to drink the solution at 7:00pm. Although this sounds difficult, if you pour only one glass at a time, you will be surprised at the ease with which you can do this. You may suck on a hard candy while drinking the solution, if you desire.

Note: Drinking sips of ginger ale helps reduce any nausea that you may experience.

6. Continue drinking the solution, until you have finished ½ to 2/3 of the gallon (before 11 p.m.). Put the remaining solution, to be drunk in the morning, into the refrigerator.

7. Approximately 1-2 hours after starting the solution, you will begin to have frequent bowel movements. These will continue for several hours, but should end within 1-2 hours.

The morning of your procedure:

8. In the morning, about **five** hours before your exam, (no earlier than six hours before the exam, if the exam is after 12:00 noon), take the remaining solution after shaking it up well. Drink 1 (8 oz) glass every 10-15 minutes, until you finish the solution or you are passing clear fluid rectally. **You must finish the solution at least 4 hours prior to the start of your colonoscopy procedure.**

9. You may continue to have clear liquids up until **four** hours prior to your examination. This includes clear broth, sports drinks (such as Gatorade), tea, coffee (without milk), plain jello, hard candy, clear fruit juices, Popsicles, ices, and water.

10. If you eat or drink anything, even a sip of water, within 4 hours of your exam start time, your exam will be postponed or cancelled.

For All Procedures, also follow the following directions:

1. You may use desitin, anusol, tucks pads or other similar ointment/lotion around your rectal area to reduce irritation from the preparation.

2. Do not take any antacids for at least six hours prior to the examination.

3. All other medications (except those listed below) may be taken with small sips of clear liquids.

4. If you take blood pressure (except diuretic or water pills) or heart rhythm medications, please make sure to take the morning dose at least 4 hours prior to your examination start time. If you take a diuretic or water pill, do not take it on the day of your examination.

5. If you take insulin ask your primary physician or endocrinologist how they would like you to adjust your dose.

6. If you use other diabetic medications, do not take them until after the examination, when you start eating.

7. Do not use any aspirin, aspirin containing products, or other anti-inflammatory drugs (such as ibuprofen, Naprosyn, or Aleve) for five days prior to the examination.

8. Do not take iron supplements or vitamins with iron for five days prior to your examination.

9. If you use Coumadin, do not take it for three nights prior to the examination.

10. Let us know if you take diuretics (water pills), as you may need additional potassium supplementation.

11. Let us know if you're allergic to any medications or if you've had any reactions to Demerol (meperidine), Valium (diazepam), or Versed (midazolam) or Diprivan (propofol)

3

12. Let us know if you've had a heart valve replacement or have a history of endocarditis. If these conditions are present, you may need to be given antibiotics prior to the procedure.

12. A companion must be able to escort you home from the examination as you will be given some medication which will make you drowsy and slow your reflexes for several hours. **You will not be allowed to drive yourself home.**

13. Report as instructed for the examination.

The following points may also be helpful:

1. You may feel bloated after the procedure because of the air used during the examination. Burping, walking, lying on your left side, or passing flatus, should help.
2. The medication used for sedation, often causes amnesia for the period of the procedure and for a short time thereafter. You may, therefore, not remember the details of what happened or what the doctor explained to you afterwards. If this happens, please call our office to review the findings. If a biopsy was taken, these results are usually ready in 10-14 days.
3. If you should have any other questions, please do not hesitate to contact the office at 301-251-9555.

* revised 3/10/11