

Golytely Prep

Dear patient,

Thank you for choosing Altru Health System for your care. Our goal is to ensure you are fully informed on your upcoming procedure. Please review the following information.

Enclosed is a prescription that you may take to the pharmacy of your choice. This prescription provides you the medication needed to prepare for your colonoscopy. While you may have received a packet from us in the past which included necessary medication, we are no longer able to send it directly to patients. We apologize for any inconvenience.

To properly prepare for the colonoscopy, follow these instructions. A nurse from Altru's Ambulatory Procedure Center will call you a few days prior to the procedure to review the preparation process and answer any questions you have.

Preparation

In preparation for your colonoscopy, you may have a light breakfast before 9 a.m. on the day prior to your procedure. You may only have clear liquids the remainder of the day. You may continue clear liquids until 2 hours prior to your arrival. CLEAR liquids include: apple juice, lemonade, water, beef or chicken broth, coffee or tea. You may have the following that are NOT red, orange, or purple colored: Kool-aid, popsicles, jell-o (without fruit topping) soda pop or Gatorade. This DOES NOT INCLUDE any solid food, milk or fats.

The day before your colonoscopy; mix all of the powder of the Golytely package to one gallon of tap water. You may add, one package of lemonade with artificial sweetener. At 5:00 p.m. the day before your examination, begin drinking the Golytely solution. We recommend you pace yourself to one glass every 10-15 minutes. You must finish the container by 10:00 p.m. that night. You must drink all of the solution. You will begin to have liquid bowel movements by 6:00 p.m. to 7:00 p.m.

- If you feel bloated or nauseous, take a break from drinking the solution for 1/2 hour, then resume.
- If you take iron supplements we ask that you stop those three days prior to the exam.
- You will be more comfortable if you wear loose-fitting clothing and you should plan on spending at least 2 1/2 hours at the Ambulatory Procedure Center.
- You should take your blood pressure, heart and seizure medications as usual the morning of the procedure.

If you have any questions about this bowel prep process, please call (701) 780-6394.

Yours in health,
Altru's Ambulatory Procedure Center