

The importance of good preparation

Colonoscopy is the best way to detect colon cancer, colon polyps, and diseases of the colon. A thorough colon cleansing before the examination is critical to the success of the procedure, and will:

- » Enable your physician to detect abnormal growths (polyps)
- » Shorten the time of your examination
- » Make it less likely your procedure will be cancelled or repeated

The preferred colon cleansing uses a split-dose preparation using Golytely™. You will complete the first dose the evening before your procedure and complete the second dose the day of your procedure. Although this may seem a difficult task, this method of preparation yields better results than a night-before-only preparation.

Before beginning your colon cleansing preparation

- » Golytely causes frequent liquid stools. You may have your first bowel movement about one hour after you start drinking the solution. Stools may continue up to 2 hours after finishing the solution.
- » **Plan Ahead: Note how your body responded to the evening dose of preparation solution. Factor this and travel time to your appointment as you plan to take the morning dose.**

Preparation Leading Up to Colonoscopy

Before

If you have diabetes: Please speak with the physician that manages your diabetic medication. They may want you to adjust the dose.

If you take blood-thinning medications: Blood-thinning medications affect clotting and bleeding. Both the health care provider who manages these medications and the provider doing your procedure will need to decide if your medications need to change. The procedure center or provider office will contact you if you need to stop blood thinner.

Some examples of generic and brand name medications that affect blood thinning are:

- » Warfarin (Coumadin™, Jantoven™)
- » Clopidogrel (Plavix™), prasugrel (Effient™), ticagrelor (Brilinta™), ticlopidine (Ticlid™)
- » Cilostazol (Pleta™)
- » Dabigatran (Pradaxa™)
- » Rivaroxaban (Xarelto™)
- » Apixaban (Eliquis™)
- » Heparin, enoxaparin (Lovenox™), dalteparin (Fragmin™), fondaparinux (Arixtra™)
- » Aggrenox™

2 Days Before

- » Do not eat foods high in fiber such as whole grain breads and cereals, nuts, popcorn or vegetables (cooked or raw).
- » Some examples of foods you may eat; yogurt, apple sauce, cottage cheese, ice cream, eggs, bananas, white bread, waffles, pancakes, french toast, white rice, pasta, cooked and peeled potatoes, ground beef, baked chicken, tuna and cereal such as Corn Flakes, Rice Krispies & Special K.

1 Day Before

- » **Do not eat any solid foods.**
- » Drink only clear liquids. Clear liquids include water, broth (clear, fat-free), gelatin, clear fruit juice (such as apple or white grape), ice pops **without pulp**, carbonated beverages, sports drinks, tea and coffee (sugar is optional). **Do not consume any red or purple colored beverages or gelatins.**
- » **Start the first part of the colon cleansing preparation as directed.**

Day of the Colonoscopy

- » **Complete the second part of the colon cleansing preparation as directed.**
- » **Do not eat any solid foods until after your procedure.**
- » Stop drinking clear liquids at least 2 hours before your scheduled report time.
- » Medications: If you take daily medication(s), you may do so up until 2 hours before your scheduled procedure time.

Possible side effects associated with colon cleansing preparations:

- » Bloating
- » Abdominal or stomach cramps
- » Nausea
- » Chills (especially if the solution has been refrigerated)
- » Irritation of the anus
- » Diarrhea
- » Vomiting

If you have other side effects that you think are caused by this preparation or if these persist, contact your health care provider. **If you develop a skin rash or itching (urticaria), stop drinking the solution and call your health care provider immediately.** These symptoms may be a sign of a serious allergic reaction.

Preparing the Solution

The Golytely solution comes as a powder in a jug. You must dissolve the powder in water before consuming.

1. Fill the jug about halfway with lukewarm water. Shake the jug well to dissolve the powder. (Warm water dissolves the powder better than cold water.)
2. Add cold water to the fill mark on the jug. The full jug contains sixteen 8-ounce glasses of solution. Shake the jug well. Cold water helps provide a better tasting solution.
3. After you have mixed the powder with water, the Golytely solution should be used within 24 hours. Keep the jug away from heat and direct light. You can refrigerate the jug or keep the jug on ice until you are finished drinking all of the solution.
4. Keep this and all medications out of the reach of children.

The Evening Before Your Procedure

1. Between 5-6 p.m.: Shake the jug of mixed Golytely solution well. Begin by drinking the first three-fourths ($\frac{3}{4}$) or twelve 8-ounce glasses of the container of mixed solution according to the following instructions.
2. Pour a full glass (8 ounces or 240 ml) of the solution. Do not add ice.
3. Drink one full glass of the solution rapidly every 10 to 15 minutes (sipping small amounts of solution will not be as effective). You may suck on ice or a lemon or lime wedge or chew gum just before drinking each glassful.
4. It will take about 3 hours to drink three-fourths of the solution in the container.
5. You will repeat these steps to drink the remaining one-fourth ($\frac{1}{4}$) of the container in the morning.

At Least 3 Hours Before Your Scheduled Report Time

1. Depending upon your report time, begin drinking the remainder of the solution following the same process as you used the evening before.
2. Be sure to shake the jug of mixed Golytely solution well.
3. Drink one full glass (8 ounces or 240 ml) of solution rapidly every 10 to 15 minutes (total four 8-ounce glasses). Do not add ice. It is important to consume the remainder of the container.
4. Stop drinking clear liquids at least 2 hours before your scheduled report time.