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Preparing for Your Colonoscopy with the Golytely Preparation

Follow instructions provided to ensure a safe and effective colonoscopy.

This preparation is designed to clean out your colon so your gastroenterologist can see what is inside and find any abnormalities, such as a colon polyp (growth).

To watch a video of these instructions, visit **riversideonline.com/colonprepgolytely**.

Things you will need to prepare for your procedure:

- Prescription of Golytely, 4 liters (or generic PEG-3350 and Electrolytes) to be filled at your local pharmacy
- A responsible adult to drive you to your procedure, remain with you at the facility and drive you home. If you arrive without a responsible adult to drive you, your procedure will be cancelled or you will not be able to have any sedation for your procedure.

IF YOU ARE TAKING BLOOD THINNERS, clearance will be needed from your prescribing health care provider, who will advise how many days BEFORE your procedure you should stop taking it.

Blood thinner and anticoagulant medications such as Coumadin, Plavix, Xarelto, Effient or others should be reviewed with your prescribing health care provider who will advise the number of days you should STOP taking the medication before your procedure.

7 Days Before Your Procedure	There are **CERTAIN INJECTABLE MEDICATIONS GIVEN FOR WEIGHT LOSS OR DIABETES THAT WILL NEED TO BE STOPPED 7 DAYS PRIOR TO YOUR PROCEDURE.** Examples of these medications are: Ozempic or Rybelsus (semaglutide), Trulicty (dulaglutide), Victoza (liraglutide), Bydureon or Byetta (exenatide), Adlyxin (lixisenatide), or Symlin (pramlintide) **Please continue to take your insulin and oral diabetic medications.** *You will not take these medications on the day of your procedure.* You may, however, require dosage adjustment leading up to your procedure therefore you should speak to your prescribing physician.
5 Days Before Your Procedure	• STOP taking all oral iron, vitamins, fiber supplements or herbal products. • Eat a normal diet until two days before your procedure. • Keep taking prescriptions, including blood pressure and heart medications. Take NSAIDs, aspirin or pain medications if needed.
2 Days Before Your Procedure	START a low residue diet for all meals, breakfast through dinner.

FOODS YOU MAY EAT:

- ✓ Butter
- ✓ Cheese
- ✓ Eggs
- ✓ Fish
- ✓ Ice Cream
- ✓ Macaroni
- ✓ Plain/vanilla yogurt
- ✓ Popsicles
- ✓ Salt and pepper
- ✓ Soup
- ✓ Sugar
- ✓ White bread
- ✓ White chicken meat
- ✓ White mashed potatoes
- ✓ White pasta noodles
- ✓ White rice

FOODS YOU SHOULD NOT EAT:

- ✗ Fruits
- ✗ Nuts
- ✗ Red meat
- ✗ Seeded jellies
- ✗ Seeds
- ✗ Vegetables

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1 Day Before Your Procedure	• START a clear liquid diet and drink clear liquids all day.

• DO NOT HAVE FOOD, cream, milk, alcohol or RED or PURPLE liquids.

CLEAR LIQUIDS YOU MAY HAVE:

✓ Broth or bouillon
✓ Apple or white grape juices
✓ Crystal Light
✓ Hard candies

✓ Jell-O
✓ Kool-Aid
✓ Popsicles
✓ Powerade

✓ Soda or cola (regular or diet), 7UP, Sprite, ginger ale, orange soda
✓ Tea or coffee with sugar or sugar substitute (NO cream or milk)
✓ Water

In the morning the day before your procedure:

• Add water to the designated fill line on the Golytely bottle. Shake well and place in the refrigerator to chill. You may flavor the Golytely with the provided flavor packet or Crystal Light as long as it is NOT red or purple.

• **At 6:00 p.m. the day before your procedure drink half of the Golytely solution.**

Avoid drinking the solution too quickly. Continue to drink clear liquids until you go to bed to stay hydrated.

The Day of Your Procedure	• You will be provided an arrival time for your procedure.	✓ **If you are prescribed heart and blood pressure medications, any pain or anxiety medications, thyroid or respiratory medications, TAKE with a sip of water.**

• **5 hours before your arrival time, drink the second half of the Golytely solution.** Drink and finish within two hours.

• **3 hours before your arrival time, STOP drinking.** Do not have anything else by mouth. NO water, candy, gum, mints, cough drops, etc.

✓ **DO NOT TAKE diabetes medications.**

• **Arrive on time at the facility with your responsible adult.**

• Wear comfortable clothing and leave your valuables (jewelry, watch, piercings, etc.) at home.

✓ **The responsible adult must stay on-site during your procedure the entire time.**

• Do not wear lotion or powder on chest and arms.

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**For questions during business hours, call your Gastroenterology office to speak with the nurse.
For questions after hours, call Riverside Nurse at 757-595-6363 or 1-800-675-6368.**

IMPORTANT

If you experience an unexpected health problem before your procedure, please call our office right away.

We may need to talk with your health care provider before your procedure or schedule your procedure for a later date. You should avoid having elective colonoscopy procedures for six to nine months after having a heart attack or stroke.

Your gastroenterologist will speak with you in the recovery room about your initial results.

The next business day our office will call to check on you.

Seven to 10 days after your procedure you will get a phone call or letter from our office with your laboratory (pathology) results. For serious findings, your gastroenterologist will call you directly.

Your procedure results will be part of your electronic medical record.

You can view your results using Riverside MyChart, a free, secure online resource to help you manage your health. Sign up at riversideonline.com/mychart.

It is important to repeat your colonoscopy at the recommended interval given by your physician.

The risk of colorectal cancer is higher if you have a family history of polyps (growths) or a family history of colorectal cancer. When you are at higher risk for colorectal cancer, you may be screened earlier than age 45. Therefore, it is important to share your results with your family (parents, siblings and children) so they can be informed on when they need to initiate their colorectal screening.