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## COLONOSCOPY (GO-LYTELY Prep)

### WHAT IS THE PROCEDURE?

You are scheduled for a procedure called a colonoscopy. During this procedure, after being sedated, you will lie on your left side and a flexible tube with a light and camera at the end of it will be inserted into your rectum and colon. This will allow the doctor to see the inside of your colon in order to look for any polyps or abnormal growths. Cancer of the colon is commonly found in this country and this procedure helps find cancer in its early stages. A biopsy (a small piece of tissue) may be taken from the colon, but you will not feel this. If you have colon polyps (small growths), they will be removed. You will be at the hospital for a total of 2-3 hours; the procedure itself takes only 30 minutes. The alternative to this procedure is a barium enema (x-ray) and/or sigmoidoscopy (a shorter flexible tube with a camera).

### HOW SHOULD I GET READY FOR THIS PROCEDURE?

1. Please fill the prescription for Golytely & purchase 1 bottle of Fleets enema from the drug store.
2. Since a biopsy or polyp removal may be performed, please stop blood thinners as listed below: stop arthritis medications (NSAIDs-Ibuprofen, Motrin, Advil, Naproxen, Celebrex or Viox,etc.), aspirin & aspirin containing medication (unless directed by a physician) five (5) days before the procedure. Stop Coumadin or Plavix five (5) days before the procedure. Stop Heparin, Lovenox or Fragmin for 24 hours. Stop herbs/vitamins that may have blood thinning qualities such as St. John Wort, Gingko Biloba & Vitamin E. **Please consult your physician if you have any questions about the medications you are taking.**
3. **Diabetics -- DO NOT** take diabetic pills or insulin on the morning of your appointment. Bring your insulin and food; you may take them after the procedure is completed.
4. Be sure to tell the doctor and the nurse if you have a heart murmur or an artificial heart valve.
5. Do not eat nuts, corn or any food with seeds (sunflower seeds, strawberries, kiwis, cucumbers, pickles, watermelons, etc.) for at least 5 days before the procedure.

### WHAT ARE THE POSSIBLE RISKS ASSOCIATED WITH THIS PROCEDURE?

The risks associated with this test are very low and includes bleeding, infection, perforation (making a tear) and drug reactions since you will be sedated (made very sleepy) for the procedure. However, the chance of this occurring is less than 1%.

**READ THESE INSTRUCTIONS CAREFULLY! FAILURE TO COMPLY WITH ANY PORTION MAY RESULT IN RESCHEDULING OF YOUR EXAM.** In order to make an accurate diagnosis, it is very important that your colon is absolutely clean.

(Over)

## **COLONOSCOPY PREPARATION (Golytely Prep)**

### **PLEASE READ THESE INSTRUCTIONS CAREFULLY!**

In order to make an accurate diagnosis, it is very important that your colon is absolutely clean. You MUST go on a clear liquid diet the day before the procedure and take the Go-Lytely solution.

#### **1. THE DAY BEFORE THE EXAMINATION:**

- a) Start on the clear liquid diet. You may have orange, apple, or other strained juice, sports drink, grape juice, tea, clear soup broth, coffee, soda pop, or jello without fruit. **DO NOT USE** red jello, grapefruit or cranberry juices. You may also have milk, plain yogurt, cheese, eggs And ice cream without nuts. You may suck on hard candy if you wish.
- b) You may drink all the water you like. Drink at least one 8 oz. portion of clear liquid before retiring..... more if desired.
- c) At 6:00 P.M. TAKE **FULL** AMOUNT (4 LITERS) OF GO-LYTELY. YOU NEED TO FINISH THIS OVER A 2-3 HOUR PERIOD, but not more than 3 hours, or your colon will not be clean and the test may have to be re-scheduled.
- d) TAKE NOTHING BY MOUTH AFTER MIDNIGHT.
- e) In order to decrease the irritation to your anal region, you may apply petroleum jelly to the area prior to drinking the solution.

#### **2. THE DAY OF THE EXAMINATION:**

- a. You may continue to have clear liquids up to four (4) hours before the procedure.
- b. Please take your blood pressure, heart, asthma or anti-seizure medications as scheduled in the morning. You may use your asthma inhaler the morning of the procedure.
- c. Two hours before coming to your appointment, please take cleansing enemas (Fleets or tap water enemas) until completely clear or the procedure cannot be done.

**Please leave all jewelry at home.**

#### **CAN I GO HOME AFTER THE TEST?**

1. You may be sleepy from the medicine after the test, so someone will have to drive you home. **YOU MAY NOT DRIVE. NO BUSES or CABS ARE ALLOWED.**
2. You will be at the hospital approximately 1 hour after the test.
3. After the procedure, it is normal to feel gassy, bloated or to have mild stomach cramps. This may be relieved by walking around and/or expelling the gas. This should go away after several hours.