

Wilmington Gastroenterology Associates – Golytely prep

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Tel: 910-362-1011 Extension #4 to re-schedule, extension #6 for questions about prep

The prep is the most important part of your procedure. A good prep greatly increases your doctor’s ability to protect you from colon cancer. A poor prep limits your doctor’s ability to see your colon. This puts you at risk for undetected cancer and may mean you have to repeat this test in 1 year instead of in 5 to 10 years. Taking some prep the night before and getting up to take the remainder in the morning as instructed is the most likely way to insure a good prep. You can make sure your prep is good by following the recommended diet and by taking every part of the prep as instructed.

Purchase at pharmacy several days prior to procedure

- 1) Golytely prep - prescription provided. Comes with 4 liter container.
- 2) 1 saline based fleets enema in green and white box
- 3) If you have constipation you will also need to purchase 1 small container of Miralax

4 days prior to procedure

Starting on _____

Stop taking vitamins and iron.

Make sure you have a driver.

If you have constipation, take Miralax 17 gm (one cap full) with 12 oz water 1-3 times a day to produce 1-3 very soft bowel movements daily.

Watch the informational video about your procedure (if you did not see it in our office). Failure to do so will delay your procedure and possibly bump you from your scheduled procedure time.

Day prior to procedure

Starting on _____

Clear liquids only – No solid foods – See attached diet options

Add water to fill line on container with prep, this will be 4 liters.

5-8 PM Start drinking Golytely. Drink 8 oz every 15-20 minutes for a total of 16 (8oz) glasses. This will take approximately 1-3 hours. Leave one liter of prep for the morning, this will be ¼ of the original amount remaining or a liquid level approximately 1 and 1/2 inches up on the prep container.

Make sure you have ready access to a bathroom.

No food or drink other than water or prep after midnight.

You will lose 3-4 liters of fluid during the prep. Please drink enough fluid to replace this.

Day of procedure

Date _____

Do not take fiber supplements.

Drink remaining prep. (Approximately 4 (8oz) glasses. Take one glass every 15 minutes) at _____ . Finish prep by _____ . (5 hours prior to procedure)

Continue to drink water as you wish until 4 hours prior to the procedure. Do not take anything by mouth other than medications with a small sip of water as instructed after _____ .

(4 hours prior to procedure, nothing by mouth after 7 am no matter when procedure is scheduled)

Take one fleets enema 1 hour prior to leaving home.

Location _____

Date _____

Arrive by _____

Medications/vitamins

Do not take any vitamins or iron supplements for 4 days prior to the procedure. Stop fiber supplements the day prior to the procedure.

If you are on **Coumadin** we would like you to stop it 5 days before the procedure, but you must check with your primary doctor first. **Last day to take**_____

If you are on **Plavix** we would like you to stop it 7 days before the procedure, but you must check with your primary doctor first. **Last day to take**_____

Do not stop plavix/coumadin until you have been notified by our office that your primary doctor approved stopping these medications.

If you are on **aspirin**, do not stop taking your aspirin.

If you are diabetic and on **insulin** take only half of your insulin dose the day prior to the procedure while you are on clear liquids. If you take **diabetes pills**, take them at the usual dose the day prior to the procedure while you are on clear liquids. On the day of the procedure do not take insulin or your diabetes pills.

On the day of the procedure do not take insulin or your diabetes pills. **Take only** your heart, blood pressure, breathing, seizure and chronic pain medications on the morning of the procedure with only a **small sip of water**. If you are diabetic check your blood sugar prior to leaving home and bring result to procedure. **Take medications at**_____

Do not drink anything with alcohol for 2 days prior to the procedure, it may interfere with sedation during the procedure.

Comfort care

Having multiple liquid stools and wiping during the prep can be irritating to the anal area. Consider purchasing Vaseline, baby wipes, or tissue with aloe for the prep if you are prone to this sort of irritation.

Contact Lens wearers

You will need to remove your Contact Lens prior to your procedure. Please bring your case with you or wear your eyeglasses on the day of your procedure.

Driver

You will need a responsible adult to drive you to and from the facility and stay with you during the procedure. You and your driver will be at the facility for approximately 3 hours. **Your procedure will not be able to be completed if your responsible adult leaves the facility for any reason during this time.**

Jewelry

Do not wear any jewelry the day of your procedure. You will be asked to remove it prior to your procedure.

Clear Liquid Diet (starting the entire day before your procedure)

<u>Allowed</u>	<u>NOT Allowed</u>
Clear broth soups / broth, consomme'. Coffee, tea, water, carbonated beverages, and Gatorade. Apple, grape, cranberry and white grape juice. Jell-O, or ice water popsicles. (REMEMBER nothing red, orange, blue, or purple!)	Any stews, chunky or cream based soups. Any milk or dairy products (NO ice cream!). No orange juice or any other juice that contains pulp. DO NOT DRINK ANYTHING RED, ORANGE, BLUE or PURPLE !

FREQUENTLY ASKED QUESTIONS

1. Is there any way that I can make this taste better? You can try sucking on hard candy. You can rinse your mouth with mouthwash or water. Try drinking through a straw.
2. Why avoid red liquids? The red color can persist in the colon and potentially look like blood.
3. What happens if I bought red liquids for my preparation? Do not take them. Switch to another solution that is not red flavored. This includes no red Magnesium Citrate.
4. What happens if I have already taken red liquid with my prep? Notify our staff when you arrive for your appointment.
5. One of the medications I was instructed to take the morning of the procedure is red. Can I take it? Medications for blood pressure, heart conditions, and seizures should be taken the morning of your exam regardless of the color.
6. I feel like vomiting and don't think I can drink any more. What should I do? It is important that you continue drinking the solution if at all possible. Without a clean bowel, the doctor will not be able to see the inside of your colon to complete the examination. If you do vomit, wait 30 minutes, and begin drinking the solution again. If not improved, call us (have a phone number of a pharmacy that is open, in case we need to call in a prescription).
7. I drank a lot of the solution and haven't gone to the bathroom yet. What should I do? Keep drinking. Most people have a bowel movement after an hour; some patients may take 2 hours or longer.

8. I am taking the prep and am now having loose, watery stools. Do I still need the rest of the prep? Yes, you may have solid stool higher in the colon that needs to be eliminated.
9. I already have diarrhea before taking the prep, do I still have to take the laxative? Yes, you must take the prep as directed by your doctor. Your colon is approximately 3 feet long. The entire colon must be emptied for your physician to see the colon clearly.
10. I see yellow color in the toilet bowl and a few flecks. What do I do? If you have drank the entire solution you should be fine. It is OK if you have some flecks of material. The yellow color is a result of bile that normally colors feces. This shouldn't interfere with the examination.
11. What if I am still passing stool the morning of my test? Take a tap water enema until you run clear. If this does not work, call the office.
12. My bottom is so sore. What can I do? Avoid rubbing when cleaning the area. Gently pat with a wet washcloth. Apply Vaseline™, Preparation H™, or Desitin liberally.
13. Why do I need a driver? Why can't I take a taxi home? You need a trustworthy individual to ensure that you make it into your home safely. In addition, you need someone that we can give instructions to after the procedure since you will not be able to remember these after sedation.
14. Can I drink any nutritional supplements? You may drink Ensure (chocolate or vanilla) or Slim-Fast with Soy Protein/Lactose Free. These drinks are water based not milk based.
15. Can I chew gum or suck candy? Yes, but nothing with a soft center or red color.
16. Can I brush my teeth? Please do.
17. Can I wear my dentures? Yes, you may wear your dentures to the endoscopy suite. However, you may be asked to remove them prior to the procedure.
18. Can I have chicken soup? You can only have the broth. No noodles, chicken, or vegetables allowed.
19. Can I have the colonoscopy done if I am on my menstrual period? Yes, the procedure can still be performed.
20. What if I get chills or cold during my prep? Please be aware that some patients may experience these symptoms. This can be common and does not mean that you should stop the prep.

21. Can I wear my contact lenses on the day of my procedure? No, you will be asked to remove your contact lenses prior to your procedure.

22. Can I wear jewelry on the day of my procedure? No, you will be asked to remove any jewelry prior to your procedure.

23. Why do I need to arrive 45 minutes before my procedure? We ask you to arrive 45 minutes before your procedure to make sure we have time to administer IV hydration.

Please feel free to visit our website at www.wilmingtongi.com or contact us 910-362-1011 if you have any further questions.