

# Preparing for colonoscopy (Golytely bowel prep)

*Calabasas Advanced Gastroenterology*

24100 Calabasas Rd, 100, Calabasas, CA 91302 (phone: 818-578-6454)

[www.calabasasgastro.com](http://www.calabasasgastro.com)

**PLEASE REVIEW THESE INSTRUCTIONS CAREFULLY.**

**QUESTIONS? CALL (818) 578-6454.**

Colonoscopy is a potentially lifesaving procedure, but it requires an effective preparation to thoroughly cleanse your colon and rectum. That's because your doctor needs a clear view to detect and remove abnormal growths that may otherwise grow into cancer. Without an effective colonoscopy prep, your doctor may be less likely to spot potentially cancerous growths (colon polyps). We understand getting ready for your procedure can be challenging, so this booklet was created to help guide you through the process and to answer questions you may have.

## **Important Medication Instructions**

### **DIABETICS**

1. If you are on any type of medication for diabetes, oral medications or insulin, you should bring the medications with you on the day of procedure.
2. If you are currently taking oral diabetes medications, please DO NOT take your pills on the day of your procedure until after the procedure.
3. If you are on insulin, you should administer insulin according to your usual instructions on the day of preparation while you are on clear liquids and taking laxatives. Your blood sugar will be checked when you arrive in the Endoscopy Center prior to your procedure.
4. If you are on an insulin pump, you should obtain instruction from your endocrinologist specifically for your scheduled procedure.

### **HEART AND BLOOD PRESSURE MEDICATIONS**

Please take all your usual blood pressure and heart medications on the day you are preparing for the procedure AND on the morning of the procedure with a small amount of water unless you are advised otherwise.

### **BLOOD THINNING MEDICATION (ANTICOAGULANTS)**

1. If you are on blood thinners due to high risk for heart attack such as coronary stent placed in past year, severe cardiomyopathy, severe aortic valve stenosis, or if you have a high risk for stroke due to unstable cardiac arrhythmias, your cardiologist or primary physician prescribing your medication must be notified of your scheduled procedure and specific instruction regarding your medication will be obtained.

### **SEIZURE MEDICATIONS, INHALERS AND THYROID MEDICATIONS**

1. You should not stop any type of seizure medications even on the day of your procedure. You may take the medication at 5 am with 2 oz of water the morning of your procedure.
2. You should continue to use inhaler medication for respiratory disease and bring them with you to the endoscopy center.
3. You should not stop thyroid medications even on the day of your procedure. You must take the medication at 5 am with 2 oz of water the morning of your procedure.

### ***Transportation***

- *Arrange for someone to drive you to and from the procedure.*
- *Do not use a taxi or bus unless you have someone that join you for the ride home.*
- *You cannot drive for the remainder of the day after your procedure because of the sedation medications. If you are unable to arrange for a driver, we will need to reschedule your appointment.*
- *Arrange for your driver to be with you after the procedure to talk with your doctor and nurses. Due to the medications, you may not remember important information.*

### ***Please do not bring children with you if at all possible.***

*The time spent waiting during the procedure, including prep and recovery time, can be stressful for children.*

### ***Jewelry***

*We highly recommend you remove all jewelry, including wedding rings, and leave them at home. Tongue piercings must be removed.*

### ***Pregnancy Testing***

*Female patients of child-bearing age may be asked to provide a urine sample if pregnancy status is unknown. If you are pregnant, risks and benefits should be discussed with your physician prior to continuing with the procedure.*

## **Blood Thinning Medicine (Warfarin, Coumadin<sup>®</sup>, Plavix<sup>®</sup> or enoxaparin)**

*If you are taking blood thinners, you must talk to your prescribing physician or primary care provider about safely stopping the drug. It is recommended these medications be stopped for 5 days prior to your procedure. Enoxaparin is to be held 12 hours prior to procedure. If you are unable to discontinue taking these medications temporarily, your procedure may be cancelled.*

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### **Five Days Before Your Procedure**

*1. After receiving approval from your prescribing doctor or primary doctor, the following medications should be stopped:*

- *Plavix (Clopidogrel) and Brilinta (Ticagrelor) should be stopped 5 days prior to procedure*
- *Warfarin (Coumadin) should be stopped 5 days prior to procedure*
- *Dabigatran (Pradaxa), Rivaroxaban (Xarelto), Apixaban (Eliquis) Stop 2-4 days prior to procedure*

*2. Discontinue iron pills and multi-vitamins that contain iron.*

*Other common names for iron include: ferrous sulfate, ferrous gluconate, ferrous fumarate, Femiron, Niferex*

*3. Discontinue fiber supplements.*

*Common fiber supplements include: Metamucil , Fibercon , Citrucel , Konsyl , Benefiber , FibersureTM, colon care capsules*

*4. Discontinue consuming the following foods:*

- *Nuts, seeds, popcorn, corn, beans, peas, raw salad, celery, tomatoes*
- *All other vegetables must be cooked (carrots, broccoli, cauliflower, potatoes without skins)*
- *Wheat germ, granola, cereal with visible grains and/or fruit*
- *Bread with seeds or visible grains*
- *You may eat fruit, but skin and seeds must be removed before eating*

*5. It is safe to continue taking:*

- *Aspirin*
- Anti-inflammatory pain relievers (Advil , Nuprin , Aleve , naproxen sodium, ibuprofen)

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### **The Entire Day Before Your Colonoscopy**

1. *No solid food.*
2. *Drink a clear liquid diet the entire day.*

*Anything you can see through and has no pulp is OK to drink:*

- *Broth/bouillon, coffee (sugar is ok, no cream), tea*
- *Carbonated beverages (Coke , Pepsi , Sprite , etc.), clear fruit juices (nopulp),*
- *Jello , Gatorade<sup>®</sup> and popsicles.*
- *Hard candy is allowed.*
- *DO NOT drink anything red or purple.*
- *No dairy.*

3. *Discontinue Lovenox<sup>®</sup> (enoxaparin)*

*After receiving approval from your prescribing doctor, injections should be stopped 12 hours prior to your procedure*

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### **Begin Bowel Prep**

The prep is designed to clean out your colon. It will usually cause you to have bowel movements within a few hours. Your bowels are clean when your stools become watery

and you can see through them. They may be tinted depending on the color of liquids you have been drinking.

### *Bowel Prep Instructions*

Mix and refrigerate the colon electrolyte solution (according to the directions on the container) a few hours prior to beginning your prep. You may add Crystal Light Sugar-Free Lemonade to the container or your glass. Do not add any other liquids or flavors.

### **IF YOUR PROCEDURE IS BEFORE NOON:**

Begin drinking the electrolyte solution at 8:00 p.m. the day before procedure

- Drink one, 8 oz. glass every 10-20 minutes.
  - Slow down or stop for 30 minutes if you begin to have nausea or abdominal discomfort.
- You should drink the whole gallon in 4- 6 hours.
- Drink the entire prep (you should finish the whole gallon regardless of the stool appearance).
- Liquid stools will usually start within a few hours.
- You can drink water until 3 hours prior to procedure time to keep you hydrated.
- The goal is passing clear, like tap water liquid, without color, residue or sediment.
- If you develop persistent vomiting or continuous, severe abdominal pain, stop drinking the solution and contact us

### **IF YOUR PROCEDURE IS AFTER NOON. We recommend split the prep.**

Begin drinking the electrolyte solution at 8:00 p.m. The day before your procedure

- Drink 3/4 of the gallon (3 liters) starting at 8 pm (the night before procedure day)
- You will drink the other 1/4 of the gallon in the morning, starting 6 hours prior to your procedure time and take it within 2 hours. you should finish the whole gallon 4 hours prior to procedure.
- Drink one (8 oz.) glass every 10- 20 minutes. Slow down or stop for 30 minutes if you begin to have nausea or abdominal discomfort.
- Liquid stools will usually start within a few hours.
- You can drink water until 3 hours prior to your procedure to stay hydrated.
- If you develop persistent vomiting or continuous, severe abdominal pain, stop drinking the solution and contact us.

To lessen the taste of the prep liquid, try drinking it with a straw; between glasses, try gum or hard candy.

While drinking the electrolyte solution, you may experience chills, nausea, and abdominal cramping. These are normal responses to the prep.

If you are unable to tolerate your prep or have questions, please contact us at 818-578-6454

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### **Day of Your Procedure**

All Patients (regardless of procedure time)

- Continue drinking water after you have finished the prep up until 3 hours prior to your arrival time.
- Take your routine prescription medications (with exception to the medications noted earlier).
- Do not take vitamins or supplements on the day of your procedure.
- Plan to be at the Digestive Health Center for a total of 2-3 hours. This includes registration, procedure and recovery time.

### **Things to Bring with You**

1. A current list of medications and dosages.
2. If you have sleep apnea and use a CPAP machine, please bring the machine, mask and tubing with you.
3. If you have a current living will and/or durable power of attorney for health care, please bring a copy of it to your procedure so we can update your health file.

### **Moderate Sedation: What You Can Expect**

Moderate sedation is a mixture of medicines given during a procedure to help relieve pain and anxiety. While under moderate sedation, you are able to answer questions, speak to your health care professionals and breathe on your own. The medications may

cause you to have brief memory loss during your procedure and for a short time afterward.

### After Your Procedure

You will be monitored after your treatment. During this time, a nurse will check your blood pressure, heart rate, breathing and alertness. You will be sent home with your responsible adult driver and written instructions. You may feel sleepy and light-headed, but this feeling will fade.

- Do not drive a car, operate machinery or power tools.
- Do not drink any alcoholic drinks.
- Do not make important legal decisions.
- Do not smoke for the first 8 hours without supervision.

Do not cook on a stove or use a microwave without supervision.

Please visit our website: [www.Calabasasgastro.com](http://www.Calabasasgastro.com)

Please educate yourself about your condition and the procedure under **patient education** section of the website

Please see related procedure **videos** under **services** section of the website

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