

How to Prepare for Your Colonoscopy using GOLYTELY® Bowel Prep Kit

A colonoscopy is an exam of your colon (large intestine). Your doctor will use a colonoscope (flexible tube with a camera on the end) to see the inside of your colon on a video monitor. During your procedure, your doctor can:

Remove a small sample of tissue (biopsy) for testing

Remove a polyp (growth of tissue)

Take photos of the inside of your colon

Follow these instructions carefully. It's very important that your colon is empty for your colonoscopy. If there's stool inside your colon, your doctor may not be able to see polyps or other problems inside your colon and you may have to repeat the procedure. If you have any questions, contact the doctor's office at 201-858-8444.

1 Week Before Your Procedure

Ask about your medications

You may need to stop taking some of your medications before your procedure.

If you take a **blood thinner**, such as to treat blood clots or to prevent a heart attack or stroke, ask the doctor who prescribes it for you when to stop taking it

If you take **insulin or other medications for diabetes**, you may need to change the dose. Ask the doctor who prescribes your diabetes medication what you should do the day before and the morning of your procedure. Tell your doctor you will be drinking a sugar-free clear liquid diet the day before your procedure.

If you have an automatic implantable cardioverter-defibrillator (**AICD**), you need to get a clearance letter from your cardiologist (heart doctor) before your procedure.

You must have a responsible adult to take you home after your procedure.

An endoscopy nurse will call you before your procedure. They will review the instructions in this guide with you and ask you questions about your medical history. The nurse will also review your medications and tell you which medications to take the morning of your procedure.

5 Days before your procedure

Stop any oral iron supplements

3 Days Before Your Procedure

You should follow a low-fiber diet starting 3 days before your colonoscopy. During this time, do not eat: raw (fresh) fruits and vegetables, whole kernel corn, including canned corn, whole grains (such as oatmeal, brown rice, quinoa, or wheat bread), seeds (such as poppy or sesame) or nuts.

1 Day Before Your Procedure

Follow a clear liquid diet

A clear liquid diet includes only liquids you can see through.

Don't eat any solid foods.

Try to drink at least 1 (8-ounce) glass of clear liquid every hour you're awake.

Drink plenty of liquids other than water, coffee, and tea.

Don't drink anything red, purple, or orange.

If you have diabetes, only drink sugar-free clear liquids and check your blood sugar level often. If you have any questions, talk with your healthcare provider.

You will drink a large amount of cool liquid for your GOLYTELY bowel preparation. This may cause

bloating or discomfort in your abdomen (belly), nausea, or a headache. These things aren't cause for alarm. If you have pain in your abdomen or vomit, call your doctor.

You will repeat steps for the second part of your GOLYTELY bowel preparation. The time you start drinking the second part of your GOLYTELY bowel preparation depends on your scheduled arrival time.

Golytely bowel preparation

If your scheduled arrival time is before 11:00 am, complete the entire prep the night before your procedure.

If your scheduled arrival time is 11:00 am or later, start the second half of the prep 5 hours before your scheduled arrival time) the day of your procedure

Mix your bowel prep agent with water as instructed in the package label.

Refrigerate to chill.

Starting at 4 PM drink the 1st half of the bowel prep agent at a rate of 8oz every 10-15mins until 2L (1/2 BOTTLE) is completed

Drink the 2nd half of the bowel prep agent (2L). Start 5hrs before your scheduled colonoscopy. Drink at a rate of 8oz every 10-15mins until finished. Be sure to finish 4 hrs before your scheduled colonoscopy.

Be sure to keep hydrated by drinking 8oz of clear liquid every hour in addition to your prep agent. Avoid further fluid intake 4hrs before your scheduled colonoscopy.

You will take a total of **4 Dulcolax Tablets**; if you are completing the **Golytely bowel preparation** in one day, take 4 tablets at the end of the prep. If you are completing the **Golytely bowel preparation** in 2 days, take 2 Dulcolax Tablets after the first part of the **Golytely bowel preparation** and take 2 Dulcolax Tablets after the 2nd part of the **Golytely bowel preparation**

The Day of Your Procedure

If your scheduled arrival time is 11:00 am or later, remember to start drinking the second part of your GOLYTELY bowel preparation 6 hours before your **scheduled arrival time**.

Starting 4 hours before your scheduled arrival time, do not eat or drink anything. This includes water, hard candy, and gum.

Take only the medications you were instructed to take the morning of your procedure. Take them with a few sips of water.