




# Akron Digestive Disease Consultants, Inc.

## Colonoscopy Prep Instructions – Golytely, Nulytely or Colyte Split Dose Prep

**PLEASE READ ALL INSTRUCTIONS CAREFULLY WHEN PROCEDURE IS SCHEDULED**

5-7 DAYS PRIOR	3 DAYS PRIOR	ONE DAY PRIOR	THE DAY OF PROCEDURE
<p>A prescription has either been sent to your local pharmacy or Gift Health Pharmacy (833)614-4438 for Golytely, Nulytely, or Colyte prep and for Ondansetron.</p>  <p>You will also need: three (3) Gas-X tablets, these are OTC (over the counter)</p>  <p>If you take medication to thin your blood, such as <b>Coumadin</b> (warfarin), <b>Plavix</b> (clopidogrel), <b>Xarelto</b> (rivaroxaban) or <b>Pradaxa</b> (dabigatran), <b>Eliquis</b> (apixaban), <b>Aggrenox</b> (aspirin/dipyridamole), etc., ask the doctor that prescribed it for instructions prior to stopping the medication. Aspirin may be continued.</p> <p><b>STOP</b> all fiber supplements or medications containing iron 7 days before your appointment. This includes multi-vitamins with iron, Metamucil, Citrucel and Fibercon.</p> <p>Arrange for a driver on the day of your procedure.</p>	<p>STOP consuming all high fiber foods/roughage.            NO raw vegetables            NO corn (cooked or raw)            NO whole wheat or high fiber breads            NO nuts or popcorn.            NO bran or bulking agents</p> <p>Confirm that you have a driver for the day of the procedure.</p> <p><b>A taxi or bus is NOT allowed unless you are accompanied by a family member or friend.</b></p> <p>Review paperwork and sign</p>	<p>NO SOLID FOOD      NO ALCOHOL            Clear liquids ALL DAY</p> <p><b>AVOID</b> anything red or purple in color.  <b>NO</b> milk products or non-dairy creamer.  <b>SEE ATTACHED LIST OF CLEAR LIQUIDS</b></p> <p><b>Diabetics:</b> do not take ANY oral diabetic medication.            You may take ½ your regular insulin.            Dose</p> <p><b>*At 3:00 pm take 2 Ondansetron tablets*</b></p>  <p><b>4:00pm take one (1) Gas-X tablet.</b>  <b>Between 4:00 and 6:00 PM:</b></p> <p>Mix your prep per the instructions on the container. You may want to do this earlier in the day and place it in the fridge.</p> <p><b>Set aside 16 oz. for tomorrow!</b></p> <p>Begin drinking an 8 oz. glass every 20-30 minutes until the solution is gone. (Be sure to leave 16 oz. for next day).</p> <p>Individual responses may vary; this often works within 30 minutes but may take several hours.</p> <p>Continue with clear liquids until bedtime.</p>	<p>NO SOLID FOOD      NO ALCOHOL</p> <p><b>Diabetics:</b> do not take ANY oral diabetic medication.</p> <ul style="list-style-type: none"> <li>- If you are Insulin dependent, do not take your morning dose of insulin.</li> <li>- You must check your blood sugar before leaving home. If your level is <b>above 300</b>, please take your Regular insulin according to your sliding</li> <li>- Please bring your insulin with you to procedure center.</li> </ul> <p>All patients may take morning medications with sips of water.</p> <p>At _____:  <b>4 hours</b> prior to your procedure:</p> <p>Drink remaining 2 (two) glasses of Golytely solution. (8 oz. every 20 minutes). <b>Take 2 Gas-X tablets.</b></p> <p>You may continue to drink water until: <b>3 HOURS</b> PRIOR to procedure.</p> <p><b>Drinking liquids within these 3 hours will cause us to cancel or postpone your procedure.</b> **Also no gum, hard candy, mints and tobacco products in these 3 hours.</p> <p>If you are unsure of your colon cleansing, please call our office at 330-869-0124.</p>

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A Colonoscopy has been recommended to you. This examination involves guiding a tubular, flexible instrument through the rectum and into the entire colon. The preparation for the procedure is IMPORTANT. It does cause diarrhea and possibly abdominal cramping.

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### **CLEAR LIQUIDS – No RED or PURPLE**

**Must be something you can see through...**



- Gatorade or PowerAde
- Clear broth or bouillon – chicken or beef
- Coffee or Tea (*no milk or non-dairy creamer*)
- Carbonated and Non-Carbonated Soft Drinks
- Kool-Aid or Crystal Light
- Strained Fruit Juices (*no pulp*)
- Jell-O, Popsicles, or Italian Ice

DON'T FORGET - these foods are **NOT ALLOWED!**



- Milk or milkshakes
- Cream or non-dairy creamer
- Orange, Grapefruit or Tomato Juice
- Creamed Soups or any soup other than broth
- Oatmeal or Cream of Wheat

### **Colon Cleansing Tips**

- ➡ You may use over the counter hydrocortisone creams, tucks pads or baby wipes as necessary for skin irritation. Be sure to get alcohol free!
- ➡ Chill the solution in refrigerator or by placing in a bowl of ice. DO NOT add ice to the solution.
- ➡ Stay near the toilet! You will have diarrhea, which can be quite sudden...this is normal!
- ➡ If you experience nausea or vomiting, rinse your mouth with water and take a break ☺ Wait 45 minutes and then resume drinking the prep. If necessary, slow down, let your stomach settle between glasses.
- ➡ It is common to experience abdominal discomfort until the stool has flushed from your colon.
- ➡ Some find it easier to drink through a straw.
- ➡ Eventually your stools will be liquid, and clear enough to see the bottom of the toilet.
- ➡ If you feel for any reason your prep is not working, please be sure to call us so we can assist you in completing the prep process.
- ➡ **EVEN AFTER STOOLS BECOME CLEAR YELLOW LIQUID – YOU MUST COMPLETE ALL STEPS OF THE PREP!**

### **THINGS TO BRING WITH YOU!**

- ✓ A RESPONSIBLE DRIVER
- ✓ YOUR INSURANCE CARDS
- ✓ A PHOTO ID
- ✓ SIGNED PAPERWORK FOR FACILITY