



Colonoscopy with GoLYTELY or CoLyteLy

Please follow these instructions carefully for a safe and successful colonoscopy.

IMPORTANT:

1. Pick up the prescription cleansing from the pharmacy with enough time.
2. You will receive sedation during the procedure. Have someone who can drive and accompany you the day of the colonoscopy.

WHAT YOU NEED: GoLYTELY® or CoLyteLy® prescription prep (sent to your pharmacy the day of appointment)

FIVE (5) DAYS BEFORE THE COLONOSCOPY:

1. STOP THESE MEDICATIONS (Unless instructed otherwise by your doctor):
 - a. Anticoagulants: such as: Warfarin (Coumadin), Eliquis, Xarelto.
 - b. Anti-platelet agents: Plavix (Clopidogrel), Pletal (Cilostazol)
 - c. NSAIDs: Aspirin, Ibuprofen (Motrin, Advil), Celebrex, Relafen, Naproxen.
 - d. Vitamin E and fish oil.
2. Do not eat foods and fruits that are or contain seeds (corn, poppy seeds, nuts). Start a low fiber diet (no salads, oatmeal, etc).

PREPARATION DAY — THE DAY BEFORE THE COLONOSCOPY:

The diet is straightforward - FOLLOW CLEAR LIQUIDS ONLY ALL DAY — NO SOLID FOOD.

Suggestions: Water, Clear beef or chicken or vegetable broth, Apple juice or white grape juice, Gatorade®, Sprite®, 7-Up®, Tea or coffee (NO milk/cream), Jell-O® or popsicles. Avoid: Dairy products, Red or purple liquids.

If you have diabetes mellitus, monitor your blood sugar frequently and adjust according to the glucose level.

Mix GoLYTELY® with water as directed. Shake well and refrigerate. Set aside.

Drinking the preparation:

Start drinking the cleansing preparation around **3:00 PM – 4:00 PM:**

1. Drink 1 glass every 15-20 minutes as tolerated.
2. Finish the entire container in about 4-6 hours. Pace yourself.
3. Drink extra clear liquids to stay hydrated.

Expected symptoms: Diarrhea, Cramping, Bloating, and sometimes mild nausea.

Helpful tip: Use baby wipes or barrier cream to reduce irritation.

Drink additional fluids to prevent dehydration but stop drinking liquids 5 hours prior to the procedure.

DAY OF EXAMINATION: Take your routine medications (except for blood thinners) the morning of the test with a sip of water.

For questions: call Arizona Advanced Digestive Care at (623) 242-7997.