



Colonoscopy Bowel Preparation Instructions

GoLYTELY (CoLyte)

IMPORTANT

If the bowel is not clean when you arrive to the procedure unit, rather than giving you an incomplete and poor examination, your procedure will need to be rescheduled.



- DISCUSS MEDICATIONS** and any health conditions you have with your doctor. Your doctor will provide instructions for how to appropriately adjust your medications prior to your procedure. Instructions may include the following changes:
 - Stop any medications that contain iron or treat diarrhea 3 days prior to your procedure.
 - If you are currently taking blood thinners, please consult your prescribing doctor for instructions prior to your procedure. When you arrive for your procedure, inform the Endoscopy staff of the date of your last dose.
 - If you are diabetic, your medications may need to be adjusted. Please consult your prescribing doctor. Check your blood sugar the morning of your procedure before reporting to the hospital.
 - Take your usual morning medications (including blood pressure medications), at least 2 hours prior to your procedure with a small amount of water.
 - You may continue to take Tylenol or NSAIDS (Ibuprofen, Naproxen, Mobic, etc.) if needed for pain.
- PICK UP** prep medications from the pharmacy.



- ARRANGE** for an adult friend or family member to drive you home after the procedure, as you will still be drowsy from sedation, and it is unsafe to drive. **If you do not have an escort present, your procedure will be canceled.**
 - Your escort must be at least 18 years old and with a valid driver's license.
 - You must have an escort even if you are taking a cab.
 - Your adult **escort must be present when you check in and must remain in the hospital** for the entire procedure, then drive you home. Plan to be at the hospital for 2-4 hours.
 - If your escort does not have access to the military base, please enter through the Tully Gate and check in at the Visitor's Center before proceeding to the hospital.
 - You should not drive a car, operate machinery, or make any legal decisions until the day after your procedure.
- CANCELLATION** of your procedure should be done with at least 48-hour notice. If your procedure is canceled in less than 48 hours, you will be considered a "no-show". If you cancel, you must call the GI clinic at (571) 231-2014, option 2, to schedule your next procedure date. If your procedure is canceled 3 times or not scheduled within 6 months of your clinic visit, you will need to be seen in the GI Clinic prior to rescheduling your procedure.
- BRING** your ID card and any third-party insurance information. Leave your wallet, jewelry, and other valuables at home. Any body piercings must be removed. Dress comfortably.



- ☐ **3-4 DAYS PRIOR** to your procedure, eat a **LOW FIBER** Diet.

Allowed	Category	Not Allowed
White breads, white pasta/noodles, white rice, cream of wheat/grits, low fiber cereal (cornflakes), plain crackers (saltines)	Bread, Cereal, and Starch Products	Whole wheat/whole grain products, brown or wild rice, oatmeal, high fiber cereals (raisin bran), granola
Chicken, fish, turkey, steak, pork, lamb, hamburger, eggs, tofu, seitan, natural quorn	Meat, Fish, Eggs, and Vegetarian Products	Highly seasoned or fatty meats like pâté, breaded or fried meats, legumes, lentils, beans
Canned/cooked vegetables without seeds or skin (asparagus tips, beets, carrots, mushrooms, peeled mashed potatoes)	Vegetables	Corn, potatoes with skin, leafy greens (NO SALAD), tomatoes, peppers, cucumbers with seeds and peel, peas, lima beans, cabbage, Brussel sprouts, squash, onions
Milk, cream, buttermilk, cheese, yogurt, sour cream	Fruits	Fruits with skin, seeds, or membranes (berries, apples, watermelon, pineapple, oranges), raisins or dried fruits
Butter, margarine, cooking oil, mayonnaise	Dairy Products	No cheeses with hard crust or nuts.
Coffee, tea, fruit juices without pulp, soft drinks, sports drinks, water	Fats and Oils	N/A
Cakes, cookies, ice cream, popsicles, sugar, salt, jelly, honey, syrup	Drinks	Fruit juice with pulp
Cakes, cookies, ice cream, popsicles, sugar, salt, jelly, honey, syrup	Other	Nuts, seeds, coconut, popcorn, jam, marmalade, relish, pickles, olives, stone-ground mustard, nutritional supplements that contain fiber



- ☐ **1 DAYS PRIOR** to your procedure, drink only a **CLEAR LIQUID DIET**. A clear liquid diet consists only of liquids that you would be able to see through. **NO SOLID FOOD. NO ALCOHOLIC DRINKS.**

CLEAR LIQUID DIET INCLUDES:

- Water, mineral water
- Clear fruit juices without pulp (apple, white grape, white cranberry, lemonade, etc.)
- Clear carbonated soft drinks
- Gatorade or similar sports drinks
- Kool-Aid or Crystal Light
- Broth or Bouillon (no noodles or chunks of meat/vegetables)
- Popsicles or Jell-O
- Coffee or tea (without milk or cream)

Please **AVOID** anything **RED, PURPLE, or ORANGE**. No alcoholic drinks.



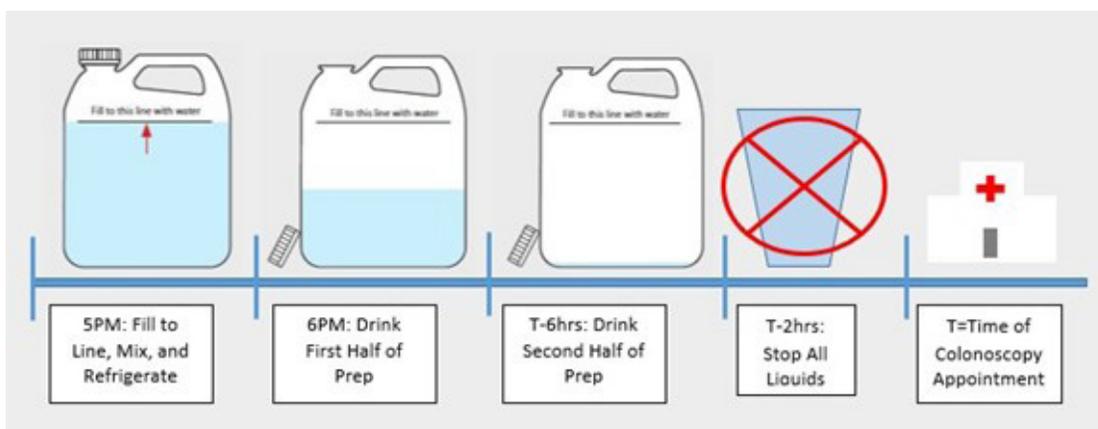
- ☐ **STAY HYDRATED** with at least 12 tall glasses (about 8-10 ounces each) of clear liquids throughout the day in addition to what you drink with your bowel prep medication to prevent dehydration.



- ❑ **1 DAY PRIOR** to your procedure, **TAKE THE COLON PREP MEDICATION.**
 - You will receive a 4-liter disposable container with powdered bowel preparation medication inside.
 - If ordered, you may also receive Bisacodyl (2 tablets) and/or Simethicone (4 tablets).
- ❑ **MIX: Prep Medications can be mixed and refrigerated for up to 24 hours.**
 - Add lukewarm drinking water to the top line of the 4-liter container. Shake vigorously until it is completely dissolved and refrigerate.
- ❑ **DOSE 1: Begin at 5 PM the night before your procedure.**
 - **5 PM:** Take 2 Bisacodyl tablets (if ordered).
 - **6 PM:** Shake the container of bowel prep vigorously and begin drinking the prep medication. Using an 8 oz. glass, drink one glass every 10-15 minutes, until half of the container (2-liters) is consumed.
 - **7 PM:** Take 2 Simethicone tablets (if ordered).
 - Continue to drink additional clear liquids between doses of bowel prep.
- ❑ **DOSE 2: Take 6 hours prior to your appointment time.**
 - **6 HOURS PRIOR:** Begin drinking the prep medication. Using an 8 oz. glass, drink one glass every 10-15 minutes, until the second half of the container (2-liters) is consumed.
 - **5 HOURS PRIOR:** Take 2 Simethicone tablets (if ordered)
 - Continue to drink additional clear liquids until 2 hours prior to your appointment.
- ❑ **NOTE:** You will need to finish the entire 4-liter container to complete your prep.
- ❑ **WHAT TO EXPECT:**
 - You will develop significant diarrhea after drinking the preparation. Plan to be near a bathroom. This is normal as it means the medication is working to clear stool from your colon.
 - Most people feel mild bloating and mild abdominal cramps. This is normal. Drinking the prep medication more slowly and over a longer period of time can help alleviate these symptoms.
 - A successful colon prep will cause you to have clear yellow (“tea-colored”) liquid stools.
 - Please finish your preparation regardless of your stool color.



- ❑ **2 HOURS BEFORE** your appointment time, you should **STOP DRINKING ALL CLEAR LIQUIDS.** Any routine morning medications should be taken before the 2-hour cut off time.



EXAMPLE SCHEDULE

Appointment Time: 7:00 am

Dose 1: 6:00 pm

Dose 2: 1:00 am

Stop All Liquids: 5:00 am

Questions? GI Clinic: 571-231-2014

WHAT IS A COLONOSCOPY AND WHAT CAN I EXPECT DURING A COLONOSCOPY?



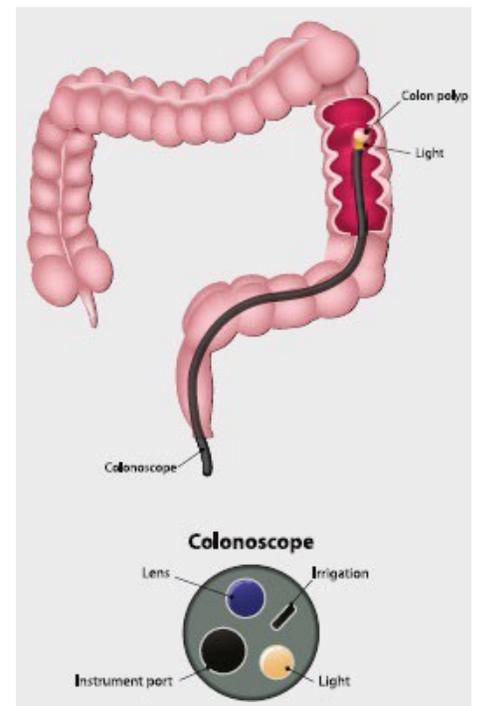
A colonoscopy is a procedure that allows your doctor to examine the inside of your lower digestive tract, also known as your colon and rectum. The procedure uses a colonoscope ("scope")— a long flexible tube with a light and camera at the end — to examine the colon. It allows the doctor performing the test to find and remove abnormal growths, called polyps, from the lining of your colon. This can help detect and prevent early colon cancers.

The day before the test, you will do a bowel prep to empty and clean your colon. The bowel prep includes a strong laxative and liquid diet. Following the directions of the bowel prep makes it easier for your doctor to detect polyps and other abnormalities during the colonoscopy.

Your colonoscopy is performed in a hospital. Before the procedure starts, you will be given moderate sedation or anesthesia medications through an IV to make you comfortable. Then, the doctor will gently insert the colonoscope into the rectum and guide it through the entire colon.

Your doctor will take pictures and remove polyps along the way. If a polyp cannot be removed, a sample may be taken. This is called a biopsy. He/she will then send the polyps and/or biopsies to a lab for further testing.

The colonoscopy usually takes 20 to 30 minutes to complete. Risks of colonoscopy include bleeding, infection, and perforation (a tear or hole in the bowel); however, complications are very rare.



AFTER YOUR COLONOSCOPY PROCEDURE

You will spend at least 30 minutes in our post-procedure unit where our nursing staff will monitor you. Once it is felt safe, you will be able to leave with your driver/escort. You will receive a printed copy of your colonoscopy results for your own records. Once home, you may resume your normal diet and medications.

If polyps or biopsies are removed during your colonoscopy, your doctor will contact you by phone or letter in the mail with the results. If you do not receive results within 30 days, please contact the GI Clinic.

GI CLINIC INFORMATION

Phone: (571) 231-2014, **Hours:** M-F 07:00-15:00

For additional information or to reschedule your procedure, please contact the GI Clinic. The GI Clinic is located on the 2nd Floor of the Eagle Pavilion, Reception 1.

ENDOSCOPY SUITE DIRECTIONS

Phone: (571) 231-4598, **Hours:** M-F 07:00-15:30

Most Colonoscopies are performed in the Endoscopy Suite. The Endoscopy Suite is located on the 3rd Floor of the Oaks Pavilion. When you get off the elevator, you will be facing the Dining Facility. Make a U-turn toward the right and take the hallway walking directly opposite the Dining Facility. Enter the last door on the right of the hall just before the locked double doors to check in for your procedure.

AMBULATORY PROCEDURE UNIT (APU) DIRECTIONS

Phone: (571) 231-4185, **Hours:** M-F 06:00-16:00

Some Colonoscopies will need to be done in the Ambulatory Procedure Room (APU) for safety purposes. You may also hear it referred to as the OR (Operating Room). Your doctor will let you know if you should report to the APU for your procedure. The APU is located on the 2nd Floor of the Oaks Pavilion. When you get off the elevator, you will walk to the right of the stairs and enter the glass enclosed waiting room to check in for your procedure.

****APU ARRIVAL TIMES: Call (571) 231-4503 on the day before your procedure between 14:30-16:30****