

## The Digestive Health Center INSTRUCTIONS FOR COLONOSCOPY PREPARATION •COLYTE, GOLYTELY, NULYTELY•



## ONE WEEK PRIOR TO COLONOSCOPY

- 1. Stop all <u>iron</u> supplementation and <u>vitamins that contain iron</u> for 7 days prior to your colonoscopy.
- 2. If you are taking <u>aspirin</u>, <u>Plavix</u>, or <u>Coumadin</u>, or any other blood-thinning medications, you should discuss with your doctor whether or not you should stop these medications for 7 days prior to your colonoscopy. If your specific medical condition allows, colonoscopy is safest if performed off these medications.

## THE DAY BEFORE YOUR COLONOSCOPY

- 1. <u>Have a regular breakfast.</u> After breakfast, you should have a <u>clear liquid diet</u>. The liquids should not be red or purple in color. <u>Clear liquids include</u> water, coffee, tea, soda, Gatorade, broths, Jell-O, and popsicles. You cannot have any solid food during this time period. (If you are a diabetic, you may need to make some adjustments in your medicines because of the reduced calories you will be eating: we routinely suggest taking a half dose of your usual diabetes medications and Insulin on the day prior to colonoscopy. Please discuss any questions about Insulin with your primary care doctor ahead of time.)
- 2. <u>At 6:00 PM</u> on the day before your colonoscopy, start drinking the gallon of GoLYTELY (or Colyte or NuLYTELY). You will need a prescription for GoLYTELY, Colyte or NuLYTELY. You should drink 8 ounces of your prep every 15 minutes until the entire gallon is gone. This should take you at least 4 hours. If you think it may take you longer to drink that much, you should start earlier in the day. If you become nauseated during this process, wait 30 minutes and then try drinking again.

It is very important that you drink the ENTIRE gallon of prep so that your doctor will have a clear view of your entire colon during your colonoscopy.

Your stools should become watery during this colon cleansing preparation.

## ON THE DAY OF YOUR COLONOSCOPY

- 1. If your colonoscopy is scheduled between <u>7:30 AM and Noon</u>, you should have nothing to eat or drink after midnight the night before. If your colonoscopy is scheduled between <u>Noon and 4:00 PM</u>, you may have a clear liquid breakfast (see above) in the morning <u>before 9:00 AM</u>.
- 2. Take your blood pressure medication in the morning as usual. Insulin or other diabetes medications should be adjusted on the day of your colonoscopy. Call your doctor or ask our Endoscopy Nurse (336-716-8204) if you have questions.
- 3. <u>Please bring a list of your medications</u> when you come for your colonoscopy procedure.
- 4. Leave Jewelry at home.
- 5. Please bring your insurance information with you to your colonoscopy procedure.
- 6. You will need a driver for this procedure because you will be given a medication to make you sleepy. The driver needs to stay at the hospital during your procedure time. We will not be able to do your procedure unless you have someone with you to drive you home. You will not be able to work or drive the day of your procedure.
- 7. <u>Directions to the Digestive Health Center:</u>

The Digestive Health Center is located on the Ground floor (G), Reynolds Tower. (See the map which is enclosed). When you come from the visitor parking lot (orange) level, please walk through the glass breezeway. At the end of the hallway you need to turn right. Go about 150 feet to the first hallway, turn left, walk about 50 feet and enter the lobby of the Digestive Health Center. (You may also use the Patient Drop-off area on the Main level as shown on the map. Ask the attendant at the Drop-off area to direct you to the Ground Floor and the Digestive Health Center.)

IF YOU ARE UNABLE TO KEEP YOUR ASSIGNED COLONOSCOPY PROCEDURE TIME, PLEASE CALL US AT (336) 713-7777 (option 2), ATLEAST 7 DAYS BEFORE YOUR DATE, SO THAT WE CAN MAKE YOUR PROCEDURE TIME AVAILABLE TO ANOTHER PATIENT.

IF YOU HAVE ANY QUESTIONS ABOUT YOUR PROCEDURE, PLEASE CONTACT OUR ENDOSCOPY NURSE AT (336) 716-8204.