Grady

Colonoscopy Prep Instructions

COLONSCOPY DATE:_____

COLONSCOPY TIME:_____

COLONSCOPY LOCATION:_____

_____

It's time to get ready for your colonoscopy. The bowel prep may not be fun, but it's very important. A clean bowel helps your doctor see clearly and makes your colonoscopy successful.

Here's what you need to do before your appointment starting one week before your appointment.
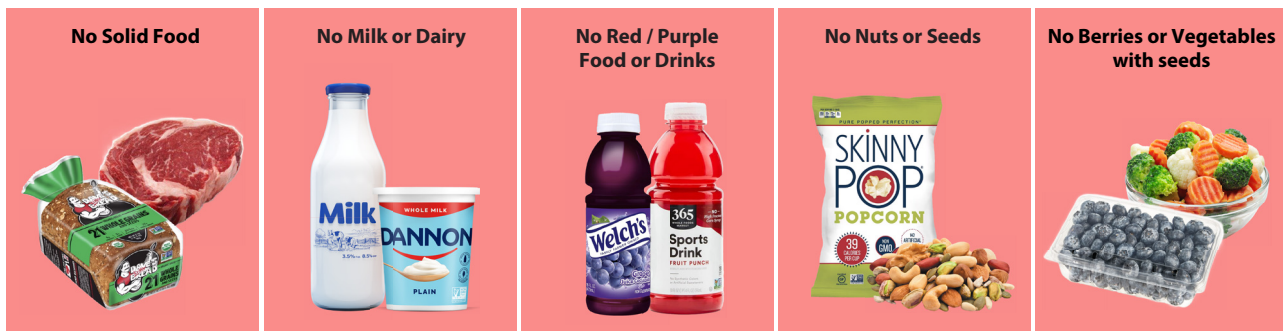
If you have any questions, or need to cancel or change your appointment, please call (404) 616-5146.

7 Days Before Your Colonoscopy

- **STOP taking** iron tablets, vitamins, NSAIDs such as ibuprofen (Motrin®, Advil®), and naproxen (Aleve®), also Celebrex®, Metamucil®, Imodium®, Lomotil®, fiber supplements, and herbal medications (such as Vitamin D, Garlic, Ginseng, Ginkgo Biloba).
- Tylenol is OK to take.
- Continue all prescribed medications unless your doctor tells you to stop.

5 Days Before Your Colonoscopy

- **Pick up your GoLYTELY from your pharmacy.**
- **STOP eating** these items until after your colonoscopy.

| No Solid Food | No Milk or Dairy | No Red / Purple Food or Drinks | No Nuts or Seeds | No Berries or Vegetables with seeds |

1 Day Before Your Colonoscopy

Mix Your Bowel Prep
- Mix your GoLYTELY with water. Follow the instructions included with the container.
- We recommend adding 2–3 tablespoons of lemon-flavored Crystal Light or Country Time lemonade mix. **Do not use any RED or PURPLE colored flavor mixes.**
- Place your mixed GoLYTELY in the refrigerator.

1 Day Before Your Colonoscopy (Continued)

Begin A Clear Liquid Diet
- **Drink clear liquids ONLY throughout the entire day.** Do not drink RED or PURPLE colored liquids. Do not drink alcohol. Clear liquids include water, apple juice, white grape juice, 7-up, Sprite, Ginger Ale, clear broth (chicken, beef, or vegetable), Jell-O, or popsicles. You may have tea and coffee without cream.

Water / Vitamin Water No Red / Purple	Tea & Coffee No Dairy	Clear Juices No Pulp No Red / Purple	Powdered Lemonade No Pulp No Red / Purple	Carbonated Drinks No Red / Purple
Sport Drinks No Red / Purple	Popsicles No Red / Purple	Gelatin No Red / Purple	Broth	Honey / Sugar

- **DO NOT eat solid food, drink milk, or any red/purple foods or drinks.**
- Drink water to prevent thirst. Water helps the GoLYTELY clean your colon.

Patients with Diabetes: Take your Diabetes pills and morning insulin shot as you normally would. If you normally take a long-acting insulin (Insulin Detemir or Levemir) in the evening, take only half of your usual evening dose. Check your blood sugar more often.

Night Before - Begin Your Bowel Prep

You need to drink the **entire container** of GoLYTELY before your test. Once you begin, plan to stay home near a bathroom because you will need to poop often.

At 6 PM, start drinking GoLYTELY:
- Drink one glass (at least 8 ounces) of GoLYTELY every 15 minutes until **HALF** of the gallon is gone.
- You should start having watery bowel movements about 1 hour after drinking the medicine, and this will continue for several hours.
- You may continue drinking clear liquids along with the GoLYTELY until bedtime.
- If the taste bothers you, try using a straw, making sure it is cold, walking around while you drink it, or drinking it slower.

Colonoscopy Day

Other than your GoLYTELY and a small sip of water needed to swallow medications, DO NOT eat or drink until your procedure is over.

- **If your procedure is in the morning (8 AM to NOON)**
  o Wake up at 3 AM and drink the remaining half-gallon of GoLYTELY. Have one glass every 15 minutes until the container is empty.
  o You should finish by 5 AM.

- **If your procedure is in the afternoon (NOON to 4 PM)**
  o Wake up at 6 AM and drink the remaining half-gallon of GoLYTELY. Have one glass every 15 minutes until the container is empty.
  o You should finish by 8 AM.

- **Arrive at Grady at least 30 minutes before your appointment.**

By now, your bowel movements should be either clear liquid or clear yellow liquid. This means your colon is clean, and you are ready for your test.

You may have a small sip of water to help take your blood pressure or other necessary medications.

- **Patients with Diabetes:** Do not take diabetes pills the morning of your colonoscopy. If you normally take a long-acting insulin (Insulin Detemir or Levemir) in the morning, take only half of your usual morning dose.

- **Patients on Blood Thinners:** Please go to the Anticoagulation Clinic the morning of your procedure to have an INR drawn. Bring the results with you to the appointment.

NOTES: