



Two Day Double Dose Golytely Prep

We at Huron Gastro are happy that you and your physician have made the choice to trust us with your digestive healthcare. By scheduling a colonoscopy, you have taken the first step to preserving your health for years to come.

We want your procedure to go as smoothly as possible. In order for that to happen, there are some tips we have included in this bowel prep sheet. Now, here's what to do to get ready:

3 Days Before Your Procedure

- **Obtain Dulcolax laxative (not stool softener) from your pharmacy.**

You need a total of 6 Dulcolax laxative tablets. It is okay to substitute brand name Dulcolax with a less expensive generic. No prescription is needed for Dulcolax.

- **Fill the enclosed prescription (Golytely) at your pharmacy.**

If you do not have a prescription, please contact us.

2 Days Before Your Procedure

- **Follow a clear liquid diet.**

A clear liquid diet includes water, coffee (only if you must; please limit coffee intake to 8 oz and must be black, no cream or non-dairy creamer), tea, soda, broth or clear juice like apple juice or white grape juice, popsicles, and Jell-O (no added fruit). Avoid red colors. No milk products.

Do not eat any solid food

- **Mix the solution in the jug given with your prescription and refrigerate it.**

If a flavor packet is provided, it may be used if desired. You may use Crystal Light as another flavoring option.

- **Swallow 2 of the Dulcolax tablets at about 1 p.m.**

- **At 5:00 p.m. (start earlier at about 3:00 p.m. if your schedule allows) start drinking 8 oz. of Golytely every 10 to 30 minutes.**

If you prefer your beverages at room temperature, remove the jug from the refrigerator 1/2 hour before you start drinking. You may feel fullness and cramps after starting the laxatives. Diarrhea usually begins in 1-2 hours and becomes clear of solid materials in 4-5 hours. If you start to feel nauseated, you can drink the mixture more slowly. Walking around may also help with nausea.

1 Day Before Your Procedure

- **Follow a clear liquid diet. Drink lots of clear liquids to keep yourself well hydrated!**

A clear liquid diet includes water, (coffee only if you must; please limit coffee intake to 8 oz and must be black, no cream or non-dairy creamer), tea, soda, broth or clear juice like apple juice or white grape juice, popsicles, and Jell-O (no added fruit). Avoid red colors. No milk

Do not eat any solid food

- **Mix the 2nd Golytely solution in the jug given with your prescription and refrigerate it.**

If a flavor packet is provided, it may be used if desired. You may use Crystal Light as another flavoring option.

- **Swallow another 2 of the Dulcolax tablets at about 1 p.m.**



1 Day Before Your Procedure Cont.

- **At 5:00 p.m. (start earlier at about 3:00 p.m. if your schedule allows) start drinking 8 oz. of Golytely every 10 to 30 minutes. Save 2 glasses (16oz) of Golytely for tomorrow morning.**

If you prefer your beverages at room temperature, remove the jug from the refrigerator 1/2 hour before you start drinking. If your stools are very watery and free of solid matter, you may stop drinking the Golytely after 1/2 gallon but most people will need more. If in doubt, drink the whole gallon.

- **Swallow the last 2 Dulcolax tablets at about 9 p.m. (even if you haven't completed the Golytely)**

Day of Your Procedure

- **Drink the last 2 glasses (16oz) of the Golytely 4-6 hours before your procedure.**

If you have an early morning procedure, you may have to awaken very early!

Stop drinking all fluids (including clear liquids and water) 4 hours before your procedure.

After that, you may have a few sips of water only to take medications, but otherwise keep an empty stomach!

Colonoscopy

Important! This exam requires that you have an empty stomach. Stop drinking all fluids (including clear liquids and water) 4 hrs before the exam (minimal sips are allowed to take your usual medications). Avoid gum and hard candy.

Medications

- If you take insulin or other diabetic medicines, dosage adjustments will be provided for you. Bring your insulin with you so that you can take it after the procedure if necessary.
- If you are on blood thinners such as Coumadin, Plavix (clopidogrel), Pradaxa, Effient, etc., let us know at the time of scheduling because they may need to be held.
- If you are taking any prescribed or over-the-counter diet pills, you should stop taking them 2 weeks (14 days) before your procedure. Failing to stop these medications 14 days in advance of your procedure may result in anesthesia complications and your procedure will need to be rescheduled.
- All other meds should be taken at their usual time with a few sips of water. Iron supplements are usually held 5 days before the exam.

What is it and why do I need it?

Colonoscopy is an endoscopic procedure that uses a tiny camera attached to a long scope to examine the large intestine (the colon). It is most often used to screen for colon cancer with the goal of removing polyps (small growths) that could become cancerous in the future. With no family history of colon cancer, most should begin screening at age 50. Colonoscopy is also frequently used to diagnose problems associated with diarrhea, bleeding, etc.

The preparation

You must have someone at least 18 yrs old with you during the entire time including check-in, recovery, and to drive you home after the exam (a taxi or bus is not an option).

Before your colonoscopy, you must take a colon-cleansing product to clear the stool from your colon. Bowel preparation is no fun, but is very important to ensure that your physician has optimal visualization of your colon during the procedure. Careful attention to detail will help avoid the need to reschedule or repeat your exam.

Please read your prep instructions immediately because the preparation process begins several days before your procedure!

The risks

You will be asked to sign a consent form at the time of the exam. The risks of colonoscopy are low (under 1%), but do include bleeding (which rarely can occur days later if a large polyp is removed), perforation, infection, tearing of the lining, aspiration, spleen injury, medication reactions and heart/lung problems. If you have any concerns about these risks, please contact your physician before your procedure. You will also be able to discuss this with your physician at the time of the exam.

The procedure

The entire process, from when you arrive to when you leave, may take 2-3 hours. In the preparation area, you will be asked questions about your health history. Your procedure will take about 20 minutes and you will be sedated for it. Once you are asleep, the colonoscope will be inserted through your rectum and around the colon. Your physician will then withdraw it looking for any abnormalities that need to be biopsied, removed or treated. If polyps are found, they will be removed.

After the procedure

Most patients experience little if any discomfort. You may have a full feeling so you will be encouraged to pass gas. In the recovery unit, your physician will discuss the results with you and give you discharge instructions. You and your driver will remain in the recovery unit until your sedation has worn off to a satisfactory level. After discharge, you may resume your usual diet and light activities and return to work the following day. However, **you may not drive, make important decisions or operate machinery the rest of the day.** A report will be sent to your referring physician. If any biopsies are taken, you will be contacted with the results.

Some degree of apprehension is normal but most of our patients find the procedure to be less unpleasant than they anticipated. We will try to make your examination as comfortable as possible.

for more information visit our website at www.HuronGastro.com or call (800) 772-4659