2 Day Golytely Prep Instructions

Colon cancer is the second leading cause of death from cancer. Colonoscopy is the best test to screen for colon polyps and colon cancer. In order for your doctor to see colon polyps and cancer during your procedure, your colon must be clean. If your colon is not clean your doctor may not be able to complete your test. An incomplete exam may require a repeat colonoscopy. Please read and follow these instructions carefully.

7 DAYS BEFORE YOUR PROCEDURE

<table>
<thead>
<tr>
<th>STOP taking these medicines:</th>
<th>Keep taking:</th>
<th>If you are taking Plavix (clopidogrel), Heparin, Lovenox (enoxaparin), coumadin (warfarin) or other blood thinner please ask your doctor when you should stop taking this medicine.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ibuprofen</td>
<td>Aspirin</td>
<td></td>
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<tr>
<td>Motrin</td>
<td>Heart medicines</td>
<td></td>
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<tr>
<td>Celebrex</td>
<td>Naprosyn</td>
<td></td>
</tr>
<tr>
<td>Advil</td>
<td>Seizure medicines</td>
<td></td>
</tr>
<tr>
<td>Salsalate</td>
<td>Depression medicines</td>
<td></td>
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<tr>
<td>Aleve</td>
<td>Anti-viral medicines</td>
<td></td>
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<tr>
<td>Piroxicam</td>
<td>Ginko Biloba</td>
<td></td>
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<tr>
<td>Alka seltzer</td>
<td>Pepto Bismol</td>
<td></td>
</tr>
<tr>
<td>Iron</td>
<td>Herbal supplements</td>
<td></td>
</tr>
<tr>
<td>Fish oil</td>
<td>STOP taking these medicines:</td>
<td></td>
</tr>
</tbody>
</table>

3 DAYS BEFORE YOUR PROCEDURE

- Do not eat any nuts, corn, seeds or foods that contain seeds such as blackberries.
- Make sure you have filled your golytely prescription
- Buy 4 DULCOLAX (Biscodyl) tablets at your local grocery or drug store

2 DAYS BEFORE YOUR PROCEDURE

DO NOT EAT ANY FOOD. Drink 8-16 glasses of water or clear liquids only (liquids you can see through).

Things you can drink:

- Sprite, 7up, Ginger ale, Pepsi, Coca Cola, Root Beer, Dr. Pepper
- Apple juice, white cranberry juice, white grape juice
- Crystal Light yellow lemonade, yellow or green Gatorade, yellow jello
- Clear beef broth and clear chicken broth
- Plain coffee and tea, with sugar if desired

Things NOT to drink:

- Red, orange, blue or purple liquids.
• Alcohol, milk, fruit juice or vegetable juice with pulp, tomato juice or orange juice.

**Diabetics - Contact your primary care provider** and ask if you need to change your diabetes medicines. You will need to monitor blood sugars more often than usual. Drink plenty of liquids every 1-2 hours. Do not drink diet drinks. You will need sugar drinks since you are not eating.

- Mix the golytely in the large bottle by filling it with water. Shake well. Place in refrigerator.
- In the afternoon (between 5pm-6pm), start drinking the golytely.
- Drink a full glass every 10-15 minutes.
- This drink will make you go to the bathroom many times. It will cause diarrhea.
- If you get sick to your stomach, drink small sips of Coca-Cola between glasses of golytely.

**THE DAY BEFORE YOUR PROCEDURE**

**DO NOT EAT ANYTHING.** Drink 8-16 glasses of water or clear liquids only (liquids you can see through).

- Take 4 DULCOLAX (Biscodyl) tablets at 4PM.
- Mix the golytely in the large bottle by filling it with water. Shake well. Place in refrigerator.
- In the afternoon (between 5pm-6pm), start drinking the golytely.
- Drink a full glass every 10-15 minutes.
- This drink will make you go to the bathroom many times. It will cause diarrhea.
- If you get sick to your stomach, drink small sips of Coca-Cola between glasses of golytely.
- You still cannot eat anything until after you have had your colonoscopy.
- Do not drink anything after midnight

**WARNING:** Golytely may cause vomiting or stomach cramps. You may have chills, hot flashes, dizziness and in rare cases fainting.

**DRINK ALL OF THE GOLYTELY** even if your stool is clear or yellow. If your colon is not clean your doctor may not be able to complete your colonoscopy.

**THE DAY OF YOUR PROCEDURE**

- The following medications may be taken the morning of your procedure with water, but NOT food: heart, seizures, depression, and anti-viral medicines.
- Arrive 30 minutes before your appointment time to check-in.
- Do not eat or drink until after you have had your procedure.
- **Your driver must take you to check in to your appointment and must give you a ride home. You will be sedated and will be unable to drive until the next day. Taxi, bus, bicycles and walking home are not allowed.**
- You may have a co-pay (required by your insurance). For co-pay questions call your insurance provider.
If you cannot make your appointment please call 272-2530 or 925-6000 so we can offer this appointment to another patient.