

Colonoscopy Golytely/Colyte Prep Guide

Plan ahead to help reduce your stress: Use these step-by-step instructions for a successful prep so that your doctor can clearly view your colon.

If you have any questions, please contact the Guthrie Cortland Gastroenterology Clinic at: **607-428-5700, option 3.**

Thank you for choosing Guthrie!

Table of Contents

Health Considerations (review today).....	2
•Medication and diagnoses	
•Patients on blood thinners	
•Diabetic patients	
Get Prepared (review 1-2 weeks before procedure).....	3
•Supplies to purchase	
•Sedation and transportation requirements	
Get Started (review 5 days before procedure).....	4
Procedure Day Reminders (review 5 days before and day of procedure).....	5
Prep Instructions* (follow the day before and day of procedure).....	6

Colonoscopy Golytely/Colyte Prep Guide

Health Considerations (review today)

Medications and diagnoses

Patients on blood thinners

If you use any blood thinners (anticoagulants) or an anti-platelet drug, most patients need to **stop taking** these **5 days** prior to procedure. Including, but not limited to:

- Aggrenox
- Arixtra
- Brilinta
- Effient
- Eliquis
- Plavix
- Pletal
- Pradaxa
- Ticlid
- Xarelto

Please speak with your physician who orders this medication before stopping.

If you use a blood thinner named Coumadin, Warfarin, or Jantoven, you will need special instructions about **stopping** this drug before the procedure. The timing of this is very important!

Diabetic patients

- If you take a pill to lower your sugar, do not take it on the day of your procedure.
- If you are taking regular Insulin or NPH, do not take it on the day of your procedure.
- If you are taking any other insulin preparation such as Lantus, Humalog or 70/30 units: It is recommended you take a ½ dose the evening prior to your procedure and no dose the day of your procedure.

We recommend you have products with and without sugar on hand at home to keep your blood glucose in balance during the preparation period.

Colonoscopy Golytely/Colyte Prep Guide

Get Prepared (1-2 weeks before procedure)

Supplies to Purchase

You will need to fill the prescription for **Golytely/Colyte** provided to you at your local pharmacy prior to your procedure (please pick up from pharmacy 1-2 days after your office consultation appointment).

Do not drink any liquids that are red or purple.

Clear Liquid Suggestions:

- Gatorade
- Coffee or tea without creamer
- Carbonated and non-carbonated soft drinks
- Kool-Aid or other fruit-flavored drinks
- Apple juice, white cranberry juice or white grape juice
- Jell-O, popsicles
- Chicken, beef or vegetable broth

Sedation and transportation requirements

Sedation requires that patients make transportation arrangements

Please be aware that you will be receiving sedation for your procedure. It will limit what you can do after your procedure until the following day.

ALL ENDOSCOPY PATIENTS MUST HAVE A DESIGNATED DRIVER

Due to sedation medication, it is unlawful to drive until the following day after a procedure and is considered driving under the influence of drugs (DUI), a punishable offense.

It is required that all endoscopy patients have a designated driver (18 years or older) available to drive the patient home after their procedure. You may not take public transportation unless accompanied by someone 18 years of age or older.

Colonoscopy Golytely/Colyte Prep Guide

Get Started (5 days before procedure)

5 days before the procedure, stop taking:

- Iron/multivitamins: Stop iron (such as ferrous sulfate) or vitamins containing iron.
- Fiber supplements: Stop fiber supplements such as Metamucil, Citrucel.
- Blood Thinners:
 - If you use any blood thinners (anticoagulants) or an anti-platelet drug, most patients need to stop taking these 5 days prior to procedure. Including, but not limited to:
 - Aggrenox
 - Arixtra
 - Brilinta
 - Effient
 - Eliquis
 - Plavix
 - Pletal
 - Pradaxa
 - Ticlid
 - Xarelto
 - Please speak with your physician who orders this medication before stopping.
 - If you use a blood thinner named Coumadin, Warfarin, or Jantoven, you will need special instructions about stopping this drug before the procedure. See page 2.

Please refrain from eating raw/uncooked fruits and vegetables, nuts, small seeds and popcorn 5 days before your procedure.

Please note that Aspirin or NSAID'S such as Advil, Ibuprofen and Aleve do NOT need to be stopped prior to your procedure.

Colonoscopy Golytely/Colyte Prep Guide

PROCEDURE DAY REMINDERS (review 5 days prior and day of)

Medication on the day of your procedure

- Do NOT take blood thinners, see page 2 (**UNLESS INSTRUCTED TO CONTINUE BY PHYSICIAN**).
- **Diabetics, see page 2.**
- You may take other medications (including pain medication, anti-anxiety medications and blood pressure medications) with a small sip of water.
- Take inhaler as prescribed if needed in the morning.

What to Bring

- A list of your current medications, your insurance card and Photo ID
- Hearing aids, inhaler and/or ileostomy or colostomy supplies (as applicable)
- Wear comfortable, loose-fitting clothing

Please leave all valuables at home. Cellphones and tablets are not allowed after you enter the patient care area and must be turned off until after discharge. This is for the privacy of all our patients

Transportation and Discharge

- You must have a driver 18 years of age or older with a valid driver's license for this procedure.
- You may not take public transportation unless accompanied by someone 18 years of age or older.
- If someone is picking you up, we must be able to **contact them by phone before your procedure.**
- We will **not** continue with your procedure until we confirm with your driver by talking to them.
- You should plan on being at our facility for a **minimum of 2-3 hours** for your appointment. Please plan accordingly, as **delays may occur.**

Colonoscopy GoLyte/Colyte Prep Guide

COLONOSCOPY GOLYTELY/COLYTE PREP INSTRUCTIONS

(follow the day before and day of procedure)

The day before your procedure:

- **You may only have clear liquids ALL DAY.**
- Increase your fluid intake to at least 6-8 glasses of clear liquids today. This will help lessen stomach cramping.
- **Starting at 4:00 pm:** Follow the mixing directions on GoLyte/Colyte package. Drink 6-8 ounces of the GoLyte/Colyte at 15-minute intervals until you have completed it.
- **You may continue to drink clear liquids until midnight.**
- Bloating and nausea are common after the first few glasses of GoLyte/Colyte. This is **temporary** and will improve once bowel movements start. Rarely, people may have nausea or vomiting with the prep. If this occurs, give yourself a 30 to 90 minute break, rinse your mouth or brush your teeth, then continue drinking the prep solution.
- Stomach cramping and diarrhea are **normal** from taking the prep.
- Anal skin irritation or a flare of hemorrhoid inflammation **may occur**. If this happens, treat it with over-the-counter remedies, such as hydrocortisone cream, baby wipes, Vaseline or TUCKS pads. Avoid products containing alcohol. If you have a prescription for hemorrhoid cream, you may use it. Please do not use suppositories.