

## **INSTRUCTIONS FOR COLONOSCOPY WITH GO-LYTELY**

**Name:** \_\_\_\_\_ **Hospital/Surgery Center:** \_\_\_\_\_

**Date:** \_\_\_\_\_ **Arrival Time:** \_\_\_\_\_

### **Medications:**

- **Stop taking blood thinners** (Coumadin, Plavix, Aspirin) and arthritis medications 3 days before the procedure. You may take Tylenol as needed.
- If you take medicine for **diabetes**, take only half the dose on the day before your colonoscopy. Do not take any diabetic medication on the day of your colonoscopy.
- You may take your other prescription medications on the day of your colonoscopy with a sip of water.

**TWO DAYS before Colonoscopy:** Take 2 tablets of **DULCOLAX** at bedtime (no prescription needed)

### **ONE DAY before Colonoscopy:**

- Take only clear liquids **ALL DAY**, **do not eat any solids** for breakfast, lunch, or dinner.
  - You may take clear juices, iced tea, clear broth, coke, 7UP or jello (not red).
  - You may drink all the water and clear liquids you desire. Do not drink milk or cranberry juice.
2. Start taking Go-Lytely at **5:00 pm**. You may add water or Gatorade or Crystal Light to mix and dissolve the powder. You will need a prescription for this medication.
  3. Finish drinking the whole gallon by the next morning, stop 6 hours before your scheduled test time.
  4. You may drink water until 6 hours before your scheduled test time.

***It is critical to the success of your examination that your colon is clean. Please call Dr. Bali if you are unable to complete the entire preparation for your colonoscopy.***

### **ON THE DAY of your Colonoscopy:**

1. If your colonoscopy is scheduled in the afternoon (after 12:00noon), you can use a fleet enema at 6:00 am on the day of the colonoscopy if the stool is not clear. This can be purchased without prescription.
2. Go to the admitting office of your assigned facility at the arrival time given to you.
3. You may take your blood pressure medication with a sip of water.
4. Do not take any diabetic medications.
5. Expect to be at the GI Lab for about 4 hours
6. Tell the doctor if you:
  - have an artificial heart valve or artificial hip/knee
  - need to take antibiotics before dental procedures
  - have a history of heart or kidney problems or seizures
  - take diabetic, blood pressure medications or diuretics

### **You must have someone available to drive you home and speak to the doctor after the procedure.**

The physician may give you medication to sedate you during the procedure. You will be unable to drive that day. You cannot walk home or take a taxi or public transportation to go home.

**RESULTS:** Dr. Bali will discuss the results with you after the procedure. However, you may not remember everything because of the medications used during the procedure. A copy of the report will be provided to you and will also be forwarded to your referring physician. If you have any questions about the results, you may call Dr. Bali's office to make an appointment.