

Gastroenterology

Colonoscopy Prep Instructions: Colyte/Gavilyte/Golytely MAC Anesthesia

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A reminder that a prep prescription has been sent by the provider to the patients pharmacy. Please call your pharmacy about a week prior to your procedure to request the prescription be filled for pick up.

You will be undergoing a colonoscopy, which is a procedure during which a flexible tube with a camera at the end will be inserted into your rectum to assess for polyps or other colon abnormalities. Through this scope, polyps and tissue biopsies/removal can be performed.

Important:

- No vitamins or supplements for 24 hours prior to the procedure.
- No iron supplements for 5 days prior to the procedure.
- Except for baby aspirin (81mg), do not use NSAIDS for 5 days prior to procedure. This includes ibuprofen, regular strength aspirin, meloxicam, naproxen, etc.

Patients on anticoagulants/ blood thinners:

-If you use Aggrenox, Arixtra, Brilinta, Effient, Eliquis, Plavix, Pletal, Pradaxa, Ticlid, Xarelto, or any blood thinner (anticoagulant) or an anti-platelet drug, most patients need to stop taking these prior to the procedure.

-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!

- If you are followed by a Coumadin Clinic, **please contact the Coumadin Clinic for instructions before stopping**, to see if they prefer that you use an alternative anticoagulant.
- If you are NOT followed by a Coumadin Clinic, **please contact your physician who orders this for instructions.**

If you need assistance, contact the GI office for help. (607) 339-0788.



Program:

1. Three days prior to colonoscopy

- Switch to a low fiber diet. See page 4 sheet for examples.
- Stop fiber supplements (example: FiberCon, Metamucil, psyllium husk, or Citrucel)

2. Two days prior to colonoscopy

- Continue the low fiber diet
- **ONLY IF RECOMMENDED TO DO AN EXTENDED PREP - Starting between 3-5pm:** Drink the entire bottle of magnesium citrate over one hour followed by a full glass of water. This will produce a bowel movement within 30 minutes to 6 hours.

(INSTRUCTIONS CONTINUED ON PAGE 3)

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3. One day prior to colonoscopy

- Stop taking your vitamins and supplements unless otherwise instructed.
- May have a low fiber breakfast early in the morning. See page 4 for low fiber food examples.
- Switch to clear liquids for the rest of the day. **NO RED OR PURPLE DYES.** See page 4 for clear liquid examples.
- Absolutely **NO** dairy, pulp or alcohol.
- **Starting at 3pm:** Start your bowel prep. Follow the prep instructions. When in doubt, follow the BOWEL PREP PACKAGE INSTRUCTIONS FOR USE.
 - Drink about 2/3 of the jug and put the remaining 1/3 in the refrigerator for the next morning. Drink 1 glass every 20 minutes. If you feel nauseated or bloated, stop drinking for 30 minutes before resuming, and slow down the rate at which you drink. It is not advisable to “chug” the solution. Tastes better chilled. May add a flavor packet, such as Crystal Light (**NO red or purple dye**).
- It is important for you to finish **ALL** of your prep solution.
- Goal is to pass yellow or clear liquid stools.
- **If you are having difficulty with your prep, call the office at (607) 339-0788.**

✓ DAY OF PROCEDURE - MAC Anesthesia (scheduled in hospital OR)

- Starting 5 hours prior to scheduled appointment, complete bowel prep according to package instructions.
 - Drink the remaining 1/3 of the bowel prep as advised above. You may have other clear liquids as well.
- **Stop drinking all liquids 4 hours prior to your exam.**
- You may take all of your regular/approved prescription medications up **to 4 hours** prior to your procedure.

✓ AFTER THE PROCEDURE

- Absolutely **NO** driving or important decision-making, returning to work, operating machinery, swimming, climbing ladders, or any activity that requires you to be alert and coordinated.
- May resume your regular medications unless instructed otherwise.
- You may resume all usual activities the next day.



Examples of a Low Fiber Diet

EAT FOODS LIKE THESE	DO <u>NOT</u> EAT
White bread	Whole grain bread, cereals, granola bars
White rice or noodles	Brown or wild rice or quinoa
Plain crackers and potato rolls	Whole wheat crackers and rolls
Canned fruit without skin/seeds	Raw vegetables and fruits with skin/seeds
Skinless chicken or turkey	Tough meat or meat with skin
Fish and other sea foods	Nuts, popcorn, or seeds
Skinless cooked potato	Potato skin
Eggs and dairy	Cornbread or pumpernickel
Vanilla wafers, ginger snaps	Cookies with whole grain, nuts or seeds

Examples of Clear Liquids

OKAY TO DRINK (CLEAR)	DO <u>NOT</u> DRINK (NOT CLEAR)
Water (plain, flavored, carbonated)	Milk, ice cream, nut/coconut-based frozen desserts, pudding
Soft drinks (cola, ginger ale, etc.)	Broth, bone broth, stock
Sports drinks (Gatorade, Powerade)	Red or purple soda or sports drinks
Juice without pulp (apple, white cranberry, white grape)	Red/purple juice (cranberry, grape) AND Juice with pulp (V8, orange, mango)
Tea, coffee with sugar (no dairy)	Soups with cream, meat, vegetables
Jell-O, ice-based popsicles, Italian Ice, sorbet (yellow, blue, green)	Red or purple Jell-O/popsicles, fruit or dairy-based popsicles/Fudgsicles, sherbet
Ensure Clear/Boost Breeze nutritional drink	Ensure/Boost Original nutritional drink