



You are scheduled to have a colonoscopy, please read the following information carefully.

What is a colonoscopy?

A colonoscopy is the visual examination of your colon (large intestine) using a light and a t.v. camera on the end of a flexible tube connected to a video screen for viewing.

What make a successful colonoscopy?

For this exam to be successful, your colon must be as clean as possible. Please read the prep sheet you are given.

What to Do before the Exam

- If your insurance company must give approval for your colonoscopy, please call the company to get an authorization number. If your doctor has referred you, authorization should be made through his or her office. This is especially important if you belong to an HMO program.
- If you are on dialysis or have other serious kidney disease or heart failure, you should not take Fleets Phospho-Soda. You should call the GI Procedure Area and ask about alternatives.
- If you take a **blood thinner** such as Coumadin, heparin, Lovenox, Plavix, or warfarin, you may need to stop the medication 3-7 days before the exam to let your blood thicken. Do not stop the pills without talking with a doctor. Call your doctor or speak with a doctor in the GI Procedure Area.
- Do not take aspirin, aspirin products, Advil, ibuprofen, Motrin, Aleve/Naprosyn, or similar drugs for five days before the exam.
- If you have a colonoscopy with medication for sedation, you must make sure a person at least 18 years old comes with you to the exam and drives you home or goes home with you on the van, bus or taxi. Because the medication causes sleepiness, it will not be safe for you to leave the GI Procedure Area alone. The exam will not be done unless a person at least 18 years old comes with you and stays in the GI Procedure waiting room during the exam.
- If you want to have a colonoscopy without medication for sedation, please discuss this with the nurse or doctor once you have checked in to the GI Procedure Area.

On the Day of the Exam

- Please come 30 minutes before your scheduled time. Come to the GI Procedure Area in the basement of the Main Hospital (“B” on the elevator). We will give you a written description of the exam. Although we try to start each exam on time, sometimes events beyond our control cause a delay in the start of an exam for as much as 1-2 hours. We appreciate your patience.
- Please make sure you bring your hospital card and all of your current medications (or a list of your current medications). If you have an ostomy, please bring at least one fresh set of ostomy supplies because your ostomy may have to be changed.
- Once we finish the exam, we will watch you in the Recovery Area for 30 minutes. Before you leave, the doctor will explain the results of the exam and any instructions to you and the person who came with you.
- The person who came with you must sign you out and drive you home or go with you on the van, bus or taxi. You cannot drive or go back to work for at least 12 hours after leaving the Procedure Area.
- If you were not given medication for sedation, you will be able to walk, drive or take a van, bus or taxi after the procedure.

If you will be late or cannot make it to the exam,
please call the GI Procedure Area at (919) 966-2310.
If the office is closed, please leave a message.
Thank you.



GoLyteLy/NuLyteLy Prep

Take the prescription of GoLyteLy or NuLyteLy to a pharmacy (it may take several days to fill this) and follow the instructions below.

Three days before the exam, stop the following foods and medications:

- fruits with skins (tomatoes, apples)
- seeds, nuts, popcorn
- vegetables with skins or strings (string beans, lima beans, peas, corn, greens, celery)
- iron, Pepto-Bismol
- laxatives such as Citrucel, Metamucil, or psyllium

The day before the exam, take only thin, clear liquids for breakfast, lunch and dinner.

This can include:

- water
- tea
- coffee
- Kool-Aid
- Crystal Light
- orange juice without the pulp
- lemonade without the pulp
- plain Jello-O (without added fruit or toppings),
- clear broth or bouillon
- carbonated and non-carbonated soft drinks
- apple juice
- Gatorade
- ice popsicles
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DO NOT TAKE: Any liquids that are red or purple 24 hours before the exam.

DO NOT TAKE: Solid foods or milk/milk products (including non-dairy creamer) 24 hours before the exam.

The day before the exam:

- In the morning, mix the GoLytely or NuLytely powder in the gallon jug with four cups of lukewarm water to dissolve the powder. Add cold water and fill to the line at the top, mix well, and place the jug in the refrigerator. Please follow our instructions and not those on the package insert.
- Between 4:00 p.m. and 6:00 p.m. begin drinking at least one cup of the clean-out solution every 15 minutes. Keep the solution in the refrigerator because this can help with the taste. You may chew gum (not red or purple) or use hard candy (not red or purple) between cups if the taste bothers you. Sometimes people begin to feel sick after drinking some of the solution. If this happens, you may want to take a 30-45 minute break and then start drinking the solution again. You may also want to walk around or exercise your stomach muscles to help get your bowels to move. Your stool should be watery and without any solid material after you have taken all of the solution. If the solution is too unpleasant for you, please call the GI Procedure Area and speak with a nurse or doctor. If the GI Procedure Area is closed, call 919-966-4131 and ask the hospital operator to page the "Adult Medicine GI Fellow On Call." You may drink clear liquids up to midnight.
- The day of the exam. You can start drinking clear liquids the morning of the exam up to three hours before the exam.
- You may take your usual medications (unless otherwise instructed) with a sip of clear liquid. If you are diabetic and take insulin, take ½ of the usual dose. If you take a pill for diabetes, take this as usual.

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If the office is closed, please leave a message.
Thank you.