INSTRUCTIONS FOR YOUR COLONOSCOPY PREP

GoLYTELY (PEG 3350)

***You will need to purchase all of the following:*

- Dulcolax (bisacodyl) 5mg tablets a total of 20mg or 4 tablets.
- GoLYTELY (PEG 3350) 1 jug total from your pharmacy (scheduling nurse will have called this into your pharmacy approximately 2 weeks prior to procedure date).

COLONOSCOPY- This exam allows the physician to visualize your colon (large intestine). A flexible tube with a light is passed into the colon for direct observation. You will be given medication during the procedure to ensure a comfortable exam.

Note: Individual responses to laxatives do vary. This prep may cause multiple bowel movements. It often works within 30 minutes but may take as long as 3 hours. If you are unable to keep the prep down, please call the endoscopy department at the numbers listed on the next page.

ONE DAY BEFORE COLONOSCOPY

- CLEAR LIQUIDS ALL DAY-no milk or milk products
  - Water Jello (no red/purple) Coffee no creamer
  - Tea Juice without pulp clear sodas-7up, sprite, ginger ale
  - Broth Bouillon Popsicles-(no red/purple)
  - Sports drinks (no red/purple)
- At 10am-Take 4 Dulcolax (bisacodyl) tablets by mouth with at least 8 oz of clear liquids. Then begin drinking half of the GoLYTLY (PEG 3350) solution.
- Slow down or stop for 30 minutes if you begin to have nausea or abdominal discomfort.
- At 4pm drink remaining half of the GoLYTLY (PEG 3350) solution.
- Continue drinking clear liquids even after you've finished the prep, as tolerated. Extra fluids will continue to clean out your colon and keep you hydrated.
- Your prep is adequate if you're passing clear, yellow fluid without sediment.

DAY OF COLONOSCOPY

- Nothing by mouth after midnight except approved MEDICATION with a sip of water. These are the medications that would have been discussed with you during your phone call from the hospital. (If you do not remember, do NOT take any meds and please bring all your medications and the nurses will instruct you on what to take when you arrive)
- You may brush your teeth and rinse with water.
- NO GUM, MINTS, LOZENGES
- NO CHEWING TOBACCO or NICOTINE POUCHES OR GUM
- No smoking or vaping the day of your procedure.

- Bring a current list of medications or your original medication bottles.
- Please bring a responsible driver to drive you home. You will not be allowed to leave the hospital without a driver, and we will not perform the procedure without a driver present. **Please note: You will <u>NOT</u> be able to use public transportation.**
- Check in at the front desk of PRATT REGIONAL MEDICAL CENTER with your driver, insurance information, and identification.

IF YOU ARE UNAVAILABLE TO KEEP YOUR APPOINTMENT, PLEASE NOTIFY THE OFFICE WITHIN 48 HOURS PRIOR. IF NO ANSWER PLEASE LEAVE A MESSAGE AS STAFF CHECK MESSAGES DAILY.

620-450-1222 or 620-508-6805