

Preparing for your colonoscopy

Golytely



Colonoscopy

A colonoscopy is an examination of the colon (large bowel) with a lighted flexible tube called a colonoscope. Your colon cleansing efforts are essential for an accurate examination. Please read these instructions carefully at least two weeks prior to your procedure. For more information about the benefits and risks of colonoscopy, please refer to the fact sheet we sent you, or call 801.357.7743 for additional information.

Within two weeks of scheduling your procedure

- Purchase the Golytely (or generic) prescription laxative at your pharmacy.
- Call us if you are taking blood thinners such as Warfarin, Plavix, Eliquis, Xarelto, Arixtra, Lovenox, Pradaxa, etc, so we can obtain approval from your physician for you to go off your medications before the procedure.

One day before your procedure

- Drink only clear liquids from the time you wake up in the morning. These include water, Gatorade, Propel, clear juices such as apple, white grape or white cranberry, clear bouillon, broth, plain popsicles and Jello, soda, black coffee or tea with no milk or creamer. **Do NOT drink any red or purple liquids. Do NOT eat any solid food. Do NOT drink alcohol. Do NOT consume any dairy products.**
- Take 2 Dulcolax tablets at **5 p.m.** After taking Dulcolax, start the GoLYTELY prep. Drink one 8 oz. glass of the GoLYTELY prep every 10 minutes until the solution is half gone.
- Take another 2 Dulcolax tablets at **9 p.m.**

The day of your procedure

- Drink the second half of the GoLYTELY prep 6 hours before your appointment, following the same instruction as with the first dose, until the entire gallon is gone. **IT IS VERY IMPORTANT THAT YOU DRINK THE ENTIRE GALLON FOR THE PREP TO BE EFFECTIVE.**
- **DO NOT DRINK ANYTHING AFTER FINISHING THE PREP, UNTIL YOUR PROCEDURE IS COMPLETED.**
- Expect to experience symptoms of nausea, cramping and bloating. These symptoms will subside as you continue to have bowel movements.

During your procedure

You should expect to be at the hospital for up to four hours, including your procedure and recovery. Someone must come with you and stay with you the entire time you are here. This person will need to drive you home afterward, and with your permission, he or she will talk to the doctor following your procedure. If you have any worries or concerns about your preparation or procedure, please call us at 801.357.7743. If you cannot make your appointment, contact us at least 72 hours prior to your appointment.