

WESTSIDE GASTROENTEROLOGY

CONSULTANTS

Colonoscopy Bowel Preparation Instructions (GOLYTELY®/NULYTELY®)

Note that these instructions are also used if you are having an upper endoscopy, and a colonoscopy scheduled for the same day.

PLEASE READ AND FOLLOW THESE INSTRUCTIONS ON THE DAY YOU RECEIVE THEM

Our goal is to provide excellent quality care during your visit with us and throughout your experience with our office. We have included some very important information pertaining to your procedure and care.

If you must cancel or reschedule your procedure, please call **Westside Gastroenterology at 317-745-7310** as soon as possible.

Please contact Westside Gastroenterology at 317-745-7310 with any prep questions or concerns.

Bowel Prep and Clear Liquids Shopping List

Some of the medications listed below are available over the counter without a prescription. They are typically found in the laxative section of the pharmacy. Generic versions of these medications are acceptable. A prescription is needed for GoLYTELY® or NuLYTELY® (the pharmacy may dispense Polyethylene Glycol (PEG) 3350 as a generic).

- **GoLYTELY® or NuLYTELY®** (4 liters)
- **Bisacodyl** laxative tablets (common brand name is Dulcolax®) – only 4 tablets will be needed, most packages contain more than this.
- **Clear Liquids including** clear fruit juices, white grape juice, apple juice, Kool-Aid®, POWERADE®, clear soup broth or bouillon, popsicles, coffee (no cream), tea, soda pop (7-Up®, Sprite®, regular or diet Pepsi® and Coke®, ginger ale, orange soda), Jell-O® (without fruit or other additions). **Do not purchase Red or Purple colored drinks**
- OPTIONAL - **Simethicone** 80mg or 125mg (common brand name is Gas-X®) to use if needed for bloating symptoms.
- OPTIONAL - a **petroleum-based ointment product** or diaper rash ointment for potential irritation from frequent bowel movements.

14 DAYS BEFORE PROCEDURE

- If you are taking weight loss medication, contact Westside Gastroenterology for instructions on stopping the medication prior to your procedure.
- Stop any multivitamins, iron supplements, and herbal supplements

7 DAYS BEFORE PROCEDURE

- **Make arrangements for someone 18 years or older to come with you to the procedure.** Sedation is given during your procedure. A responsible adult must be present before, during, and after your procedure. Drop-offs are not allowed. After your procedure, you will not be able to drive, operate machinery, make important decisions, or return to work for the rest of the day. You may resume normal activities the next day unless your doctor directs otherwise. No Taxi or Uber/Lyft drivers.
- **Begin avoiding corn, popcorn, nuts, or foods containing visible seeds.**
- Stop anti-inflammatory medications ibuprofen (Motrin[®], Advil[®]), naproxen (Aleve[®]).
- Celebrex[®] and acetaminophen (Tylenol[®]) are ok to use.

2-7 DAYS BEFORE PROCEDURE

- **STOP anticoagulants/blood thinners exactly** as you have been instructed by your prescribing physician. This may include clopidogrel (Plavix[®]), warfarin (Coumadin[®], Jantoven[®]), dabigatran (Pradaxa[®]), apixaban (Eliquis[®]), or other non-aspirin blood thinners. Do not stop these medications on your own. If you are uncertain if you need to stop a medication, please call our office for instructions. If you take low-dose aspirin (81 mg), you may continue taking it.
- If you have diabetes and were not given specific instructions for management of medications, please contact the provider who prescribes your diabetes medication for adjustments prior to your procedure.

1 DAY BEFORE PROCEDURE

- **No solid food.**
- Drink plenty of fluids throughout the day to avoid dehydration including water, clear fruit juices, white grape juice, apple juice, Kool-

Aid®, POWERADE®, clear soup broth or bouillon, popsicles, coffee (no cream), tea, hard candy/jellybeans, soda pop (7-Up®, Sprite®, regular or diet Pepsi® and Coke®, ginger ale, orange soda), Jell-O® (without fruit or other additions).

- **NO ALCOHOL**
- **NO RED/PURPLE colored drinks, popsicles, or Jell-O®.**

Bowel Prep Instructions

STEP 1: At 4 pm, take 4 Dulcolax® laxative tablets with water. Prepare GoLYTELY® or NuLYTELY® bowel prep solution. Open the flavor packet, pour it into the container and mix. Fill with lukewarm water to the fill line and refrigerate. Chilled GoLYTELY® or NuLYTELY® is easier to drink.

- Do not start the bowel prep until you are able to stay home/near a bathroom.
- The timing of how quickly the prep begins to work varies widely in different patients. Generally, you will start to have an effect within 4 hours, often before then.
- It is common to have loose stools in the middle of the night and/or the morning of the procedure.

STEP 2: At approximately 6 pm begin drinking the first 2 liters of the colonoscopy prep solution. Drink the prep solution at a rate of 8 ounces every 15 minutes until you have taken 2 liters.

- Drinking through a straw may help with the taste. You may suck on hard candy while drinking the solution.
- Nausea can occur while drinking the prep. If this occurs, stop drinking for 30 minutes. Try walking around to relieve nausea.
- Bowel movements generally occur within 4 hours of starting the colonoscopy prep. It may take longer in some patients.
- You may drink additional clear liquids if desired.

STEP 3: 6 hours prior to your colonoscopy procedure arrival time, drink the remaining 2 Liters of the bowel prep. Do this by taking 8 oz every 15 minutes until finished.

- If your colonoscopy procedure arrival time is early morning (6-10 am), drink the remaining 2 liters of colonoscopy prep before going to bed.

DAY OF PROCEDURE

- No solid food
- You can take your morning medications with sips of water but do not take ace inhibitor blood pressure medication (e.g. lisinopril, enalapril, benazepril).
- Wear loose-fitting clothes, No jewelry, makeup, or hair products.

Note: If you think the prep is not working call the office at 317-745-7310, or if after hours call the hospital operator at 317-745-4451 and ask for the GI doctor on call.