



## GoLYTELY Colonoscopy Preparation Instructions

**Location of your procedure:** The Center for Advanced Medicine & Surgery (CAMS) at 122 Maple Ave, White Plains, NY 10601

### Special instructions:

1. If you take a blood thinning medication (to treat blood clots or to prevent a heart attack or stroke) contact the doctor who prescribes it for you about when to stop taking it.

Examples of blood thinners:

Warfarin (Coumadin)	Clopidogrel (Plavix)	Ticagrelor (Brilinta)
Cilostazol (Pletal)	Dabigatran (Pradaxa)	Rivaroxaban (Xarelto)
Apixaban (Eliquis)	Enoxaparin (Lovenox)	Edoxaban (Savaysa)

2. If you are taking any diabetic medications:

- Insulin or other medications for diabetes (metformin): Please ask your doctor how to adjust your dose and medications the day before and day of procedure

3. If you have an AICD (automatic implantable cardioverter-defibrillator) you will need a letter from your cardiologist before your procedure that says it is safe for you to proceed with the procedure.

4. If you have chest pain, trouble breathing that is new or worse or recent episode of fainting you will have to be examined by your doctor before the procedure.

### Things to pick up from your pharmacy:

1. 4 Liter container of the PEG 3350 (Golytely). A prescription is required.
2. If you are constipated, take opioids (morphine, hydrocodone, oxycodone, Percocet, or fentanyl), or have had an inadequate bowel preparation on prior colonoscopy, purchase an additional small bottle of MiraLAX (119g).
3. A and D ointment (optional).

### 5 days before your procedure

- Stop taking your iron supplements and fiber supplements.

### 3 days before the procedure

Start a low fiber diet.

**Avoid:**

- Raw Vegetables (Cooked vegetables are okay)
- Fruit
- Whole grains (oatmeal, whole wheat or multigrain bread, quinoa, brown rice, whole kernel corn)
- Nuts and seeds

### 2 days before the procedure: ONLY IF INSTRUCTED BY DOCTOR

If you are constipated, or have had an inadequate bowel preparation on prior colonoscopy: Start a full liquid diet (milk, tea, coffee, yogurt, fruit or vegetable juices without pulp, broth, pudding, plain ice cream).

Take 17g of in 8-ounces of liquid with each meal (breakfast, lunch, and dinner).

### The day before your procedure

- Do not eat any solid food.
- Do not drink anything red or purple in color.
- Do not drink any alcohol.
- Have only clear liquids.

**Clear liquids (avoid any red or purple liquids):**

Clear carbonated beverages (Sprite, ginger ale, or seltzer)	Black coffee/ tea (sugar is okay) No milk or creamer
Water	Clear sports drinks like Gatorade
Clear fruit juices (apple, lemonade, white grape)	Popsicles (without fruit or pulp)
Jell- O (yellow or green)	Fat- free broth

The 4-liter Peg solution prep has two parts and depends on the timing of your procedure:

**\*More palatable if chilled before use and use a straw to drink it\***

## **Preparing the Golytely solution:**

A day before the procedure in the morning prepare the prep:

- Open packet and pour entire contents into container provided for you. Add lukewarm water (to facilitate dissolution) in order to bring the volume solution to 1 gallon.
- After capping the container, shake vigorously several times to ensure the ingredients dissolved.
- When reconstituted, use within 48 hours

### **If your procedure is scheduled before 10 am:**

**Part 1: Divide the prep solution into 2 equal parts**

**At 5 pm:**

**Step 1:** Drink one 8-ounce glass every 10-15 minutes for a total of 8 glasses.

**Part 2:**

**At 11 pm:**

**Step 1:** Drink the second half of the prep solution (2L), one 8-ounce glass every 10-15 minutes for a total of 8-9 glasses.

### **If your procedure is scheduled after 10 am:**

**Part 1: The night before procedure**

Divide the prep solution into 2 equal parts

**At 7 pm:**

**Step 1:** Drink one 8-ounce glass every 10-15 minutes for total of 8 glasses (approximately 2L)

Refrigerate the remaining 2L of the prep.

**Part 2: Taken day of procedure**

This dose is taken the day of your procedure: **5 hours before scheduled procedure time.**

**Step 1:** Drink the remaining 2L: one 8-ounce glass every 10-15 minutes for a total of 8-9 glasses.

### **The day of your procedure**

- Drink only clear liquids. Do not eat any solid food until after your procedure.
- Stop drinking clear liquids 2 hours before your procedure.

**Things to remember:**

- Take your prescribed morning medications you were instructed to take the morning of your procedure with a few sips of water.
- Remove all jewelry including body piercings and leave them at home.
- Don't apply any lotions, creams, or powder to your chest or arms.
- If you wear contacts, wear your glasses instead.
- If you have an implanted pacemaker or cardioverter-defibrillator (AICD), bring your wallet card with you.
- **You must have a ride home after the procedure. You CANNOT drive home from the procedure site.**
- **PLEASE TAKE A COVID TEST THE DAY BEFORE YOUR PROCEDURE AND BEFORE STARTING THE PREP. IF POSITIVE, PLEASE CONTACT THE OFFICE.**

**Appointment Disclaimer:**

Please be advised that appointment times are subject to change. You will receive a confirmation call one day prior to your procedure with your actual confirmed time of arrival and procedure start time. Since your arrival time may change, please keep this in mind when arranging your transportation. In total, expect to spend up to 4 hours for this appointment.

If you need to change or cancel your appointment, please provide as much notice as possible. Call (914) 723-8100 ext. 514 to reschedule your appointment.