GoLYTELY Magnesium Citrate 2-Day Colonoscopy Preparation

Preparing for your procedure

Your procedure is scheduled for: _____
Day *Date*

Please check in at: _____ a.m./p.m. Digestive and Endoscopy Center
Park Nicollet Heart and Vascular Center
4th Floor, Suite 4-820
6500 Excelsior Boulevard
St. Louis Park, MN

Show your current insurance card and photo ID at check-in. If required, copayments are due at this time.

To make sure your colonoscopy provides the most accurate information, your colon must be clean and free of stool. Following these instructions or your doctor's instructions exactly is very important. If you do not prepare properly, your procedure may be cancelled. Or, you may have to repeat your preparation and procedure.

To properly clean your colon, you need to begin preparing for your colonoscopy 7 days before the procedure. After your procedure, do not travel by air for 24 hours.

7 days before your procedure

- Arrange to have an adult drive you to the procedure and back home. Do not travel by bus, taxi or motorcycle. Your driver or another adult must stay at the center while you have your procedure. They will receive a pager to let them know when the procedure is done. **If you do not make these arrangements, your procedure will be cancelled.**
- A prescription for **2** medications will be faxed to your pharmacy:
  - » GoLYTELY—A laxative
  - » Bisacodyl—4 tablets that must contain 5 milligrams of Bisacodyl, such as Dulcolax tablets. (Do not use Dulcolax stool softener.)
- You also will need to buy an over-the-counter medication at your pharmacy:
  - » Magnesium citrate—10-ounce bottle
- Stop taking the following medications:
  - » Aspirin, ibuprofen (Advil, Motrin), naproxen (Aleve) and arthritis medications—You may take acetaminophen (Tylenol).
  - » Metamucil or Fibercon fiber supplements
  - » Multivitamins and other medications with iron

5 days before your procedure

- Talk to your primary doctor before stopping any anticoagulation medications, such as:
  - » Warfarin (Coumadin)
  - » Clopidogrel bisulfate (Plavix)
  - » Ticlopidine (Ticlid)
- Talk to your primary doctor if you have:
  - » Insulin-controlled diabetes
  - » Heart valve disease
  - » Had heart valve replacement

3 days before your procedure

Start eating a low-fiber diet. See the handout *Low-Fiber Diet Guidelines.*

continued

2 days before your procedure

- Begin a clear liquid diet. Clear liquids are liquids that look like colored water and you can see through at room temperature. Do not drink any red or purple liquids. You may have:
  - » Water, clear broth or bouillon
  - » Coffee or tea without milk or nondairy creamer
  - » Gatorade, Pedialyte and carbonated and noncarbonated soft drinks, Kool-Aid or other fruit-flavored drinks and strained fruit juices (no pulp)
  - » JELL-O, popsicles and hard candy
- Drink at least 8 glasses of water throughout the day. Cross out each square as you drink a glass.

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- At 6 p.m., drink the 10-ounce bottle of magnesium citrate. Expect to have diarrhea.
- Do not drink any alcoholic beverages.
- Complete the family health history form provided along with these instructions.

1 day before your procedure

- See the "Tips for Colon Cleansing" in the handout *Colonoscopy: What to expect.*
- Mix the GoLYTELY solution as directed on the container. If you want, refrigerate to chill before drinking.
- Continue a clear liquid diet.
- Drink at least 8 glasses of water throughout the day. Cross out each square as you drink a glass.

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- At 5 p.m., take 4 Dulcolax tablets.
- At 6 p.m., drink 1 glass (8-ounces) of the GoLYTELY solution.
  - » Continue drinking 1 glass (8-ounces) of the mixture every 15 minutes until the bottle is half empty (about 8 glasses).
  - » If you experience nausea or vomiting, rinse your mouth with water, take a 15- to 30-minute break and then continue drinking the mixture. Expect to have diarrhea.
  - » You may continue to drink clear liquids up until you begin drinking the 2nd half of the GoLYTELY solution the day of your procedure.

Day of your procedure

- Four hours before leaving home for the procedure, drink the remainder of the GoLYTELY solution—1 glass (8-ounces) every 15 minutes until the solution is gone (about 8 glasses).
- You may take your morning medications with half a glass of water.
- Stop drinking any clear liquids when you have finished drinking the GoLYTELY solution.
- Your stool should be clear or yellow liquid. If you are unsure if your colon is clean, call Endoscopy at 952-993-5366.
- Bring your:
  - » Insurance card
  - » Picture ID
  - » Completed family health history form
  - » Driver to accompany you home

Telephone numbers

Park Nicollet Digestive and Endoscopy Center
Weekdays, 8 a.m. to 5 p.m.
952-993-1342

To cancel or reschedule your colonoscopy, please call at least 2 days before the day of your procedure.

For after-hours help
Weekdays, 5 p.m. to 8 a.m.
Weekends and holidays, 24 hours

- **HealthPartners CareLine℠**—nurse line for medical advice
  612-339-3663