GoLYTELY Colonoscopy Preparation
Preparing for your procedure

Your procedure is scheduled for: ____________________________ Day ____________ Date ____________

Please check in at: ___________ a.m./p.m. Show your current insurance card and photo ID at check-in.

☐ Park Nicollet Digestive and Endoscopy Center
   Park Nicollet Specialty Center and Methodist Hospital
   6500 Excelsior Boulevard, 4th Floor
   St. Louis Park, MN 55426
   Park in Blue Ramp. Bring in parking ticket to be stamped. Stamped ticket lets you pay lowest parking fee. Valet parking also is available.

☐ Park Nicollet Clinic & Specialty Center—Burnsville
   Gastroenterology, 3rd Floor
   14000 Fairview Drive
   Burnsville, MN 55337

☐ Park Nicollet Surgery Center—Maple Grove
   15800 95th Avenue North
   Maple Grove, MN 55369

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 canceled. Or, you may have to repeat your preparation and procedure.

If you have chronic constipation, let your doctor know. Chronic constipation is hard stools that are difficult to pass or bowel movements less often than every other day.

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 canceled.

• A prescription for 2 medications will be sent 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.)

• Stop taking 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)
  » Rivaroxaban (Xarelto)
• Talk to your primary doctor if you have:
  » Insulin-controlled diabetes
  » Heart valve disease
  » Had heart valve replacement

continued
3 days before your procedure
• Start eating a low-fiber diet. See the handout Low-Fiber Diet Guidelines.
• Stop taking Metamucil or FiberCon fiber supplements

2 days before your procedure
• Continue the low-fiber diet.
• Drink at least 8 glasses of water throughout the day. Cross out each square as you drink a glass.
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• 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.
• You may have a light low-fiber diet for breakfast and lunch.
• After 1 p.m., do not eat any solid food.
  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 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.
• Bring your:
  » Insurance card
  » Picture ID
  » Completed family health history form
  » Driver to accompany you home

Telephone numbers
Park Nicollet Digestive and Endoscopy Center
Monday through Friday, 8 a.m. to 5 p.m.
952-993-1342
To cancel or reschedule your colonoscopy, please call at least 5 days before the day of your procedure.

For after-hours help
Monday through Friday, 5 p.m. to 8 a.m.
Saturday, Sunday and holidays, 24 hours
• HealthPartners CareLineSM—nurse line for medical advice
  612-339-3663