

COLONOSCOPY PREPARATION

GoLYTELY • 1-Day Prep

PLEASE READ THESE INSTRUCTIONS NOW
Questions or need to cancel or postpone? Call 617-562-5432.

WHERE TO GO: Boston Medical Center — GI Endoscopy • 736 Cambridge Street, Brighton, MA 02135

The Endoscopy Unit is located on the fifth floor of Building B in the hospital. If entering from the Main Entrance of the hospital, you should turn left at Dunkin' and take elevator B to the fifth floor.

NOTES BEFORE YOUR PROCEDURE:

- **Pregnancy:** If you are pregnant or think you may be pregnant, talk with your OB/GYN before scheduling your procedure to discuss optimal timing for your procedure, and the best sedation/anesthesia approach
- **Blood thinners:** If you take a blood thinner, such as Coumadin®(warfarin), Lovenox® (enoxaparin), Plavix® (clopidogrel), Ticlid® (ticlopidine), Agrylin® (anagrelide), Pradaxa® (dabigatran), Xarelto® (rivaroxaban), Eliquis® (apixaban), Prasugel (Effient), Heparin, or Brilinta (Ticagrelor) – Please contact your prescribing physician 2 weeks before procedure to discuss your medication.
- **Aspirin:** Please continue taking 81 mg aspirin, up until and including the day of your procedure.
- **Diabetes:** Contact the doctor who manages your diabetes 2 weeks before your procedure to discuss your medications.
- **GLP-1/ GLP-2 agonist medications:** If you take medications for diabetes or weight management, such as GLP-1/ GLP2 agonists, follow the instructions in this packet for medication adjustments.
- **Sedation:** Most patients receive sedatives for procedures. Please let us know in advance about any of the following items, which could have an impact on any sedation you may receive:
 - Allergic reaction or other problems related to sedatives or pain medicine/narcotics
 - If your weight is over 300 pounds
 - You are currently taking narcotic pain medicine
 - You have severe liver disease
- **After sedation:** Do not return to work or school, make important decisions, or provide childcare while you are recovering. You may return to normal activities the next day unless told otherwise.

YOU MUST ARRANGE A RIDE HOME

A responsible adult must come to the procedure area when you are ready to leave. You CANNOT drive yourself home after sedation.

YOUR PREPARATION TIMELINE

5–7 DAYS BEFORE	• Stop anti-diarrheal medicines such as Pepto-Bismol and Imodium. • Stop fiber supplements: Metamucil, Citrucel, Benefiber. • Stop iron, vitamin E, and CoQ10 supplements.
3 DAYS BEFORE	• Start the low-residue diet. (see next page for diet instructions) • Complete the Pre-Procedure Questionnaire and Current (Home) Medication List. • Pick up 1 bottle of Golytely from your pharmacy. Tell the clinic if you cannot get the medication.
1 DAY BEFORE	• NO SOLID FOOD. Start clear liquids when you wake up. • Prepare Golytely as directed and split it into 2 doses. ○ 5:00 PM: Drink the first half — 8 oz every 10 minutes. Finish within 3 hours. ○ Keep the second half for the next day. Continue clear liquids all day.
DAY OF PROCEDURE	• 6 hours before: Drink the second half of Golytely. Finish within 1½ hours. • 2 hours before: STOP ALL FLUIDS. You may take usual morning medicines with a small sip of water up to 2 hours before, unless told otherwise. • Bring your completed questionnaire and medication list.

WHAT YOU NEED

- 1 bottle of Golytely, prescribed by your doctor and picked up at your pharmacy.
- **Optional:** Four 16-ounce bottles of clear liquid or sports drink. Do not choose red, pink, blue, or purple.
- **Optional:** Vegetable, chicken, or beef broth.
- **Optional:** Baby wipes.

PREP TIPS

- Do not drink anything red, pink, blue, or purple.
- Do not take oral medicines within 2 hours of starting the bowel prep.
- If you feel nauseated, peppermint tea or sucking on a lemon may help.
- Putting the Golytely in the refrigerator may make it easier to drink.
- When diarrhea starts, baby wipes may help prevent irritation. Avoid Vaseline jelly or Desitin.

LOW-RESIDUE DIET

Start 3 days before your colonoscopy

FOOD GROUP	ALLOWED	AVOID
Milk & Dairy	Milk; soy or nut milk without grit; ice cream; yogurt; cheese	Dairy products with nuts, seeds, or fruit pieces
Drinks	Coffee; tea; soda; juice without pulp; Kool-Aid without red dye; Boost; Ensure or other nutritional drinks without added fiber	Drinks with pulp, seeds, added fiber, or prune juice
Breads & Starches	Refined breads; English muffins; pita; biscuits; muffins; crackers; pancakes; waffles; Cheerios; Cornflakes; Rice Krispies; white rice; refined pasta	Whole grains; oatmeal; granola; seeds or nuts; cornbread; graham crackers; brown/wild rice; potato skins; quinoa
Fruit	Canned or cooked fruit without skin/seeds; applesauce; ripe bananas; jellied cranberry sauce	Raw fruit (except ripe bananas); canned pineapple; oranges; mixed fruit; dried fruit; whole cranberry sauce; avocado
Vegetables	Tender, well-cooked canned/frozen vegetables without seeds/skins, such as peeled carrots or beets; strained vegetable juice; tomato sauce	Raw vegetables or tough/fibrous cooked vegetables such as broccoli, asparagus, spinach, etc.
Meat & Substitutes	Tender cooked fish, poultry, beef, pork, eggs, tofu, smooth nut butters	Gristle; cold cuts or sausages; whole-grain/seed/nut meat substitutes; beans; peas; lentils
Other	Salt; sugar; ground/flaked spices; chocolate; liquid or smooth condiments such as ketchup, white pasta sauce, soy sauce, mayo, or jelly	Pepper; seed spices; seeds; nuts; popcorn; pickles; olives; red pasta sauce

CLEAR LIQUID DIET

Start 1 day before your colonoscopy

NO SOLID FOOD

Start clear liquids as soon as you wake up. Keep drinking clear liquids throughout the day.

Allowed Liquids:

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| ✓ Water | ✓ Gatorade or other sports drinks |
| ✓ Light-colored soda | ✓ Chicken, beef, or vegetable broth |
| ✓ Black coffee or tea — no cream or milk | ✓ Popsicles* |
| ✓ Clear juice without pulp | ✓ Jell-O* |

***NO RED, PURPLE, BLUE, OR PINK COLORED LIQUIDS**

GOLYTELY: STEP BY STEP

1	GoLYTELY is supplied as a powder and must be mixed with water before use. Add water to the container until the total volume reaches 1 gallon (4 liters or 128 ounces). Shake well until the powder is completely dissolved, then refrigerate the solution.
2	Divide the prepared solution into two equal doses (2 liters or 64 ounces each).
3	5:00 PM the day before your procedure: Begin drinking the first dose of the GoLYTELY solution. Drink 8 ounces every 10 minutes until you have consumed 64 ounces (2 liters). Your first bowel movement should occur approximately 1 hour after you begin drinking the preparation.
4	Place the remaining half of the solution in the refrigerator for the next day.
5	6 hours before your procedure: Begin drinking the second half of the GoLYTELY solution. Drink the remaining 64 ounces (2 liters) over 1½ hours.
6	2 hours before your procedure: STOP ALL FLUIDS. Do not drink water, clear liquids, or take anything by mouth unless instructed otherwise by your healthcare team.

BEFORE YOU LEAVE FOR YOUR PROCEDURE

FINAL CHECKLIST

- ✓ Golytely prep completed as directed
- ✓ Clear liquids stopped **2 hours before procedure**
- ✓ Questionnaire and medication list completed
- ✓ A responsible adult arranged to take you home

Questions or need to cancel/reschedule? Please call **617-562-5432.**