



3112 Fairview Drive
Owensboro, KY 42303
Phone: 270-922-2500
Fax: 270-922-2505
info@Landmarkgi.com

Miguel Lalama, MD, MPH

Brittany Davidson, APRN

Simone McCormack, APRN

GoLYTELY® Colonoscopy

Patient: _____

Procedure: _____ Procedure Date: _____

Location of Procedure:

Ohio County Hospital

1211 Old Main St, Hartford

Owensboro Surgery Center

1000 Breckenridge St, Suite 100

Owensboro Health Reg. Hospital

1201 Pleasant Valley Rd

Arrival Time:

Please read the following directions prior to your procedure. If you have any questions or concerns about the instructions, please contact the office prior to your procedure.

SURGERY PREP INSTRUCTIONS

Your doctor has scheduled you for a colonoscopy. To have a successful colonoscopy, your colon must be clear of any stool. If you do not follow the directions, your procedure may be canceled.

*****Before you begin your Colonoscopy prep**, please pick up your GoLYTELY® prep from your pharmacy. Please do so at least several days in advance to make sure that the pharmacy has the prescription in stock and that it does not require an authorization with your insurance.***

Medications:

If you have Diabetes: If you are insulin dependent, on the morning of your procedure you will take **HALF** of your normal morning dose of insulin. For questions or concerns regarding insulin, please contact the provider who manages your diabetes.

If you take blood thinning medications, please make sure that the provider is aware if you are on any of these medications and make sure that you receive directions on when to stop taking these prior to the procedure. These medications can affect clotting and bleeding. Both the health care provider who manages these medications and the provider doing your procedure will need to decide if your medications need to change. Some medications need to be stopped up to 7 days prior to the procedure, so make sure that you have plenty of time to receive these directions. **DO NOT STOP THESE MEDICATIONS WITHOUT INSTRUCTIONS FROM A PROVIDER.**

If you take daily medication(s) outside of the medications listed above, you may do so up until the day prior to the procedure. The morning of your procedure, do not take any medications, except that you may take cardiac (heart) medications, including blood pressure medications, and/or seizure medications with a small sip of water.

If you are taking any weight loss medications such as phentermine (Adipex-P), lorcaserin (Belviq), and phendimetrazine (Bontril), please notify the provider. You will be provided instructions on how long to hold these prior to your procedure.

Sedation:

You will receive sedation for your procedure. This helps you relax and feel comfortable during the procedure. When you have sedation, you must follow the instructions listed below or your procedure will be delayed or canceled. You may feel fine after your procedure, but your judgment may be impaired from the sedation medication you receive.

- Arrange to have an adult family member or friend accompany you to your procedure and to other appointments, pick you up from the procedure unit, and drive you home or to your place of lodging.
- The absence of a responsible adult will result in a delay or cancellation of your procedure if plans have not been made for your after-procedure travel.
- Do not drive for the rest of the day. Unaccompanied air travel on the same day as your procedure is not permitted. This is for your safety and the safety of others.

PREP SCHEDULE

1 week before procedure	<ul style="list-style-type: none"> • Pick up your GoLYTELY® prep from your pharmacy. • Do NOT mix the solution until the day before your colonoscopy!
5 days before procedure	<ul style="list-style-type: none"> • Do NOT take products that contain iron -- such as multivitamins -- (the label lists what is in the products). Other common names for iron are ferrous sulfate, ferrous gluconate, ferrous fumarate, Femiron, or Niferex. • Stop taking fiber supplements like Metamucil®, Citrucel®, and Konsyl®. • Avoid high-fiber foods such as nuts, seeds (flax, sunflower, and quinoa), popcorn, beans, peas, raw salad, celery, and tomatoes. • Avoid wheat germ, granola, cereal with visible grains/fruit. • Avoid bread with seeds or visible grains. • You may eat fruit, but skin and seeds need to be removed before eating. • You may eat low-fiber vegetables (carrots, broccoli, cauliflower, potatoes without skin) but must be cooked.
1 day before procedure	<ul style="list-style-type: none"> • Do NOT eat any solid foods. • Only drink clear liquids (anything that you can see through) the ENTIRE DAY before your colonoscopy (NO DAIRY). This includes: <ul style="list-style-type: none"> ○ Water, apple, or white grape juice; fat-free broth; coffee or tea (without milk or creamer); clear carbonated beverages such as ginger ale or lemon-lime soda; Gatorade® or other sports drinks (not red, orange, or purple); Kool-Aid® or other flavored drinks (not red, orange, or purple). ○ You may eat plain Jell-O or other gelatins (not red, orange, or purple) or popsicles (not red, orange, or purple). ○ Do NOT drink alcohol on the day before or the day of the procedure. • Prepare GoLYTELY® drink. Mix and refrigerate the GoLYTELY® prep (according to the directions on the container) a few hours prior to beginning your prep. You may add Crystal Light® Sugar-Free Lemonade to the container or your glass. Do NOT add any other liquids or flavors.

	For procedures scheduled before noon	For procedures scheduled after noon
6pm the day before procedure	Begin drinking the electrolyte solution at 6:00 pm. Drink one 8-ounce glass every 10-20 minutes. Slow down or stop for 30 minutes if you begin to have nausea or abdominal discomfort. Do NOT drink the gallon in less than 3 hours. Be sure to finish the gallon within 4 hours. Drink the ENTIRE prep solution. Liquid stools will usually start within a few hours. Continue drinking clear liquids even after you have finished the prep solution, as tolerated. Extra fluids will continue to clean out your colon and help keep you hydrated. Your prep is adequate if you are passing clear, yellow fluid without sediment.	Begin drinking the electrolyte solution at 6:00 pm. You may start earlier if you prefer. Drink only ½ of the gallon. You will drink the other ½ in the morning. Drink one 8-ounce glass every 10-20 minutes. Slow down or stop for 30 minutes if you become nauseated or have abdominal discomfort. Do NOT drink the ½ gallon in less than one hour. Be sure to finish the ½ gallon within two hours. Liquid stools will usually start within a few hours. Continue drinking clear liquids even after you have finished the prep, as tolerated.
Midnight before your procedure	NOTHING TO EAT OR DRINK AFTER MIDNIGHT. THIS INCLUDES GUM, MINTS, HARD CANDY, WATER.	NOTHING TO EAT OR DRINK AFTER MIDNIGHT. THIS INCLUDES GUM, MINTS, HARD CANDY, WATER.
Morning of procedure	NOTHING TO EAT OR DRINK	As early as 6 am the morning of your procedure, begin drinking the other ½ gallon of prep solution. Do NOT drink the ½ gallon in less than one hour but be sure to finish within two hours. Do not drink anything for the four hours prior to your procedure time.
Procedure Time	<p>Please bring a list of known allergies, current medications, a list of medical conditions and surgical history.</p> <p>Please do not bring any jewelry or other valuable items to the endoscopy room for your procedure.</p>	