

**PATIENT INFORMATION AND INSTRUCTIONS FOR COLONOSCOPY PROCEDURES**

Physician: \_\_\_\_\_ Appointment Date: \_\_\_\_\_ Arrival Time: \_\_\_\_\_

Please review all information and instructions as soon as possible after receiving your packet. If you have questions, please call the appropriate number listed below, Monday through Friday, between the hours of 8:00am and 4:30pm.

- General questions: Lexington Clinic Gastroenterology Department, 859-258-4950
- Financial questions: 859-258-4045
- Procedure questions: Endoscopy and Surgical Center nursing staff: 859-258-4289

A nurse will contact you 1-2 days prior to your procedure to review your instructions and medical information. **If you are not able to be contacted by phone, or your telephone does not offer a voice mail option, please call the Endoscopy and Surgical Center nursing staff at least 24 hours prior to your procedure.**

We are located at the Endoscopy Surgery Center of Lexington Clinic, Suite 200 (2<sup>nd</sup> floor), 1225 South Broadway in Lexington, KY. The building is a two story brick structure with a green metal roof, behind the main Lexington Clinic facility.

**GENERAL INSTRUCTIONS****Seven (7) to ten (10) days before your colonoscopy:**

- If you are taking Aspirin or Aspirin-like products (Advil, Motrin, Ibuprofen, Excedrin, Aleve, or Aspirin), please talk to your prescribing physician and ask if or when you should stop taking it. If you take Aspirin due to a doctor's order to prevent stroke or heart attack, we generally recommend you continue to take it.
- Patients taking blood thinners are asked to call the prescribing physician at least seven (7) days prior to your procedure for instructions regarding possible changes to dosing instructions (examples include: Coumadin, Heparin, Plavix, Effient, Ticlid, Xarelto, Paradaxa, or Brilinta).
- Confirm transportation arrangements. All patients **MUST** have a driver available to wait in the surgery center during the procedure and stay with you for 24 hours after your procedure.
- The prescription, for your bowel prep, will be sent to the pharmacy on file with our clinic. If one has not been called in to your pharmacy, please call the Gastroenterology Department.

**Five (5) days before your colonoscopy:**

- Start a low-residue diet. A low-residue diet contains foods that are starchy and therefore easier for your body to digest. Examples include: white breads, plain crackers, white rice, corn flakes, well cooked fresh or canned vegetables without seeds, milk, cheese, meats, and canned or cooked fruits without seeds or skins, such as applesauce or canned pears.

**One (1) day before your colonoscopy:**

- You may have a low-residue breakfast. Breakfast **MUST** be complete prior to 11:00 am. Examples of low-residue breakfast items you can have:
  - White bread, biscuits, muffins (no wheat)
  - Cornflakes
  - Eggs

- Yogurt, cottage cheese
  - Cream of wheat, grits
  - Fruit (no skin or seeds)
  - Drinks: coffee, tea, milk, juice without pulp
- After breakfast, you may **only** have **clear liquids** until after your colonoscopy. Examples of clear liquids you can have:
    - Coffee or tea (no cream or non-dairy creamer)
    - Sports Drinks (Gatorade, Powerade, Crystal Light)
    - Gelatin desserts (no fruit or topping)
    - Water
    - Chicken broth
    - Avoid all Red or Purple colors
  - Prepare your bowel prep. Step by step instructions are provided on the following page.

### Day of your colonoscopy

- You may continue a clear liquid diet **until two (2) hours** prior to your arrival time.
- You may take your medications with a sip of water the morning of your procedure **two (2) hours** prior to your arrival time if instructed by your physician or Nurse.
- You may **NOT** have any gum, mints, or tobacco products **six (6) hours** prior to your arrival time.
- Bring a list of all medications you are currently taking along with the correct strengths and dosages.
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## GoLYTELY Prep

### How to Prepare and Take

- On the day prior to your scheduled procedure, fill the container containing GoLYTELY powder with lukewarm water to the 4 liter fill line. You can then place it in the refrigerator to chill.
- Place the cap on the container and shake well to ensure that the ingredients are dissolved.
- Place the container in the refrigerator to chill. You must use the GoLYTELY prep within 48 hours of mixing.
- Between 3pm and 5pm start drinking the GoLYTELY solution. Drink one 8 oz glass every 15 minutes until you have finished 3 liters of the GoLYTELY solution.
- Four hours prior to your arrival time, drink the remaining 1 liter of GoLyteLy.
- You may experience some abdominal bloating and distention before the bowels start to move. If severe discomfort or distention occurs, stop drinking temporarily or drink each portion at longer intervals until the discomfort goes away.
- Drink clear liquids before, during, and after you take GoLYTELY to avoid fluid loss (dehydrated). You can drink clear liquids **until two (2) hours** prior to your arrival time.

**After completing the preparation, your stools should be yellow or clear liquid, if not, please call (859) 258-4289. Before and after hours, call (859) 258-4000 and ask for the on-call Gastroenterology physician.**