

# Island View Gastroenterology Associates

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## **GOLYTELY & BISACODYL COLONOSCOPY PREPARATION**

The doctor has requested that you undergo an examination to visualize your entire colon.

**SEVEN DAYS PRIOR TO THE PROCEDURE STOP TAKING NSAIDS (e.g. ASPIRIN, IBUPROFEN, NAPROXEN) OR BLOOD THINNERS (e.g. PLAVIX, COUMARIN, OR WARFARIN).**

**PLEASE AVOID CORN 2 DAYS PRIOR TO YOUR PROCEDURE!**

### **Preparation for Procedure**

1. Purchase over-the-counter, one (1) package of Bisacodyl (Name brand - Dulcolax) 5mg laxatives (at least 4 tablets).

#### **DAY BEFORE PROCEDURE:**

2. On the day before the test \_\_\_\_\_, you may have a light breakfast and lunch. This means quantity. For Example: If you have a whole sandwich and a whole piece of fruit for lunch normally, only eat ½ a sandwich and ½ a piece of fruit the day before the procedure. Please try to avoid food items that may have seeds. For dinner you are allowed clear liquids such as Jell-o (NO RED JELL-O), broth, tea, light-colored soft drinks, and coffee without cream.
3. At 4:30 p.m., take the 2 Bisacodyl (Dulcolax) laxatives.
4. At 5:00 p.m. take one Reglan (Pliva; Metoclopramide) tablet. It is an anti-nausea medication which will help to keep you from getting sick from all of your prep. (It is stapled to the side of this instruction sheet.)
5. At 5:30 p.m. fill your one-gallon (4 liters) Golytely Bottle (the prescription laxative) with water and drink ¾ of the gallon (3 liters) over the next four hours. Save the last liter in the refrigerator for your morning dose. **GOLYTELY WILL TASTE BETTER IF IT IS SERVED COLD.**
6. Drink plenty of clear liquids before retiring. We recommend that you drink at least 2 glasses of clear liquids every hour until you retire. If you do not have Diabetes, we

recommend Gatorade.

**DAY OF THE PROCEDURE:**

7. On the day of the procedure \_\_\_\_\_ at \_\_\_\_\_ a.m. take 2 Bisacodyl (Dulcolax) tablets.
8. At \_\_\_\_\_ a.m. take the remaining Reglan (Pliva; Metoclopramide) tablet.
9. At \_\_\_\_\_ a.m. drink the remaining 1 liter of the Golytely within 30 minutes.
10. You may have your medications the morning of your procedure if they can't wait until after the procedure. You may have clear liquids up until 2 hours before the procedure.

Report to admitting at \_\_\_\_\_ on \_\_\_\_\_ at \_\_\_\_\_.

**VERY IMPORTANT – YOU MUST HAVE TRANSPORTATION, AS YOU WILL BE SLIGHTLY SEDATED AND UNABLE TO DRIVE.**

**During The Procedure**

You will change into a hospital gown and be given medication intravenously to make you sleepy. When relaxed properly, the colonoscope tube will be placed into the rectum and maneuvered through the lower bowel. You may feel some bloating and occasional cramping during the procedure, but all efforts will be made to minimize discomfort. If there are any questions of an abnormality, a biopsy (thin piece of tissue) will be taken for microscopic examination. If a polyp (mushroom-like growth) is identified, this will be removed and sent to Pathology for further examination.

**After The Procedure**

As soon as the scope is removed, you may feel the need to pass gas from the rectum. This is entirely normal, as considerable amounts of air have been trapped in the bowel during the examination. There is often bloating and cramping for an hour or two after the test, until the gas has passed. It is very important that you make arrangements to have someone bring you to the Center/Hospital and take you home. Some people are very sleepy and confused after the exam and forget instructions or findings given by the doctor. If you are unsure about any information given to you, please call the office for a brief follow-up appointment or leave a number where the doctor can return your call.

If biopsies are taken, we usually call patients within 7 days with the results. If you do not hear from us, please call our office 641-6525 at least 7 days after the procedure for the results.

PLEASE NOTE: If a biopsy is taken, you will be billed separately by the hospital or laboratory. Thank you!