



Dr. Paul Ruh --- Dr Jon Potter

**Prep Instructions for Colonoscopy
using GoLYTELY (Polyethylene Glycol)**

Procedure: Colonoscopy

Pick up your prescription at the pharmacy. Follow these instructions and disregard the instructions on the bottle. In addition to the prescription, you need to **purchase Simethicone chewable tablets 80 or 125 mg (like Gas-X).**

Insurance:

Please contact your insurance company as soon as possible to verify coverage for this service and if any notification is required of you. As a courtesy we will bill your insurance, any balance not covered by your insurance will be your responsibility.

1 week Prior to the procedure:

- Stop taking any Iron supplements
- Avoid eating popcorn, corn, nuts, seeds and fruits with small seeds
- Make arrangements to have a responsible adult (18 years or older) take you home. You will not be allowed to drive following the procedure due to the medications given.
- If you take medication to thin your blood, such as Coumadin (warfarin), Plavix (clopidogrel), Xarelto (rivaroxaban), Eliquis (apixaban) or Pradaxa (dabigatran), etc, **CALL** your primary care physician or specialist for instructions on how and when to stop taking these medications prior to your procedures. Aspirin 81 mg may be continued.

3 days Prior to the procedure:

- Do not eat high-fiber foods such as whole grains, beans, lentils, apples, berries, etc.
- No fiber/bran or bulking agents (Metamucil, Citrucel, etc).
- If you are not able to make your appointment, you need to call our office at (715)552-7303 *at least 72 hours in advance* to cancel/reschedule the appointment.
- If you do not show up for your procedure, or cancel without proper notice, you will be charged a fee of \$150.00

The Day Prior to the procedure:

- Mix the Go-lytely prep with water and refrigerate for better taste. You may also mix with Crystal Light (no red or purple color). The solution must be used within 24 hours of mixing.

The Day Prior to the Procedure (continued)

- Breakfast: you may have 2 slices of white bread (toast) with butter or margarine. You may also have eggs and/or rice with butter or margarine.
- After breakfast, NO other SOLID foods. You may have full liquids, such as plain white milk (including almond), coffee creamer, plain vanilla ice cream, and plain vanilla pudding or yogurt, until 6:00 pm.
- During the day, you may also have clear liquids: coffee, tea, clear broth, Jello/gelatin, clear fruit juices without pulp (apple, white grape), soda, popsicles, and Crystal Light/ Gatorade until midnight.
- Do NOT drink anything RED or PURPLE.
- Drink plenty of water and clear liquids throughout the day in order to prevent dehydration and to help with the bowel cleanse.
- Do NOT drink alcohol.
- At 5:00 pm: drink 1/2 (2 liters) of the Golytely prep. Drink as rapidly as possible and should be completed by 7:00 pm. It may be helpful to drink through a straw or suck on hard candy like an apple jolly rancher for flavoring.
- If you experience nausea or vomiting, rinse your mouth with water and take a 15-minute break. **It is important to complete the prep by drinking all the solution.**
- Using wet wipes after stools may help to minimize discomfort during the prep.
- Nothing to eat or drink after midnight.

The morning of the procedure:

- Take one Simethicone chewable tablet and drink the remaining prep 5 hours prior to the procedure.
- All prescription medications should be taken with a sip of water; these will not affect the prep. (Do not take blood thinning medications.)
- Diabetic patients: Insulin dose should be 1/2 the AM dose. Do NOT take oral diabetic medications; bring these along with you to the hospital to take after the procedure.
- *If your procedure is in the afternoon*, you may have clear liquids up to 5 hours prior to the procedures, then nothing to drink after this point.
- If you have followed the instruction and your stool is no longer formed, and is clear or yellow liquid, you are ready for your colonoscopy. If you are unsure of your colon cleansing, please call the office at (715)552-7303.
- Do not bring any jewelry or other valuable items with you to the procedure.
- Following the procedure, you will not be able to return to work and are advised to avoid any notable decision-making situations as the medications may affect your memory of these events.
- Please allow three hours for the entire procedure experience, from arrival to discharge.