

## COLONOSCOPY PREPARATION INSTRUCTIONS WITH GOLYTELY ONE DAY PREPARATION

**IMPORTANT:** Please read these instructions **TWO WEEKS** before your colonoscopy so you are well prepared. If you have diabetes, call your doctor to discuss blood sugar medicines.

You have been scheduled for a Colonoscopy with Duke Gastroenterology (Duke GI). This is an exam of your colon (large intestine). A flexible tube will be put into your rectum. It then passes through your colon. More tests may be performed as needed. These include taking tissue samples (biopsies) and removing polyps.

- Call (919) 684-6437 for questions about your appointment or preparation.
- ***Duke Gastroenterology doctors perform colonoscopies at several places. Please review the appointment information enclosed.***

We strive to perform the safest and most careful exam for every patient. A colonoscopy may take longer for some patients than for others. As a result, your exam may not be performed at the exact time you were scheduled. We ask for your patience. Please allow at least 3 to 4 hours for your visit.

### **DESIGNATED DRIVER ON THE DAY OF YOUR EXAM**

You will receive medicines during the exam to make you comfortable and sleepy. These medicines will be given by IV (a soft flexible tube in your arm). **YOU MAY NOT DRIVE HOME AFTER YOU RECEIVE SEDATION.** You must have a responsible adult 18 years or older with a valid driver's license who is **on site** through your entire procedure.

- This adult must stay with you for several hours after your exam.
- **If your companion does not stay on site, you will be asked to reschedule your exam.**
- You may not go home alone in a taxi, shuttle, van or bus. The drivers will not be responsible for you.
- You may not drive until the day after your exam.
- Some people may receive anesthesia rather than moderate sedation. Another appointment may be scheduled for a pre-anesthesia review if anesthesia is ordered for you.

### **SPECIAL MEDICINE INSTRUCTIONS**

**Please bring a list of your current medicines and doses the day of your exam.**

Follow these medicine changes prior to your exam:

- **Blood thinners** (such as Coumadin, Warfarin, Ticlid, Plavix, Lovenox, Pletal, Pradaxa, Xarelto, Persantine and Aggrenox): These may need to be stopped 1 to 10 days before your appointment. Talk to the doctor that prescribed the medicines for instruction.
- **Iron pills:** Stop taking 7 days prior to your exam.
- **Patients with diabetes:** Follow these guidelines:
  - **Oral Medicine** ("sugar pill"): Do not take the day of your exam unless otherwise instructed.
  - **Insulin:** Please call the doctor that manages your insulin to change the dose. The dose needs to be changed for both the clear liquid day and fasting time before exam. **\*\*Patients with insulin pumps need to bring their prescribed off-pump instructions.\*\***
  - **Check your blood sugar the morning of your exam.**
  - **Important tips to prevent low blood sugar:** During the clear liquid day, drink protein. A good source of protein is clear chicken, beef or vegetable broth. Keep glucose tablets on

hand for any sudden drop of blood sugar. These are available over the counter in the diabetic supplies at any pharmacy.

- **All other prescribed medicines** (such as blood pressure pills): **Continue taking as usual.**
- If you have any questions about your medicines, call the doctor who writes your prescriptions.

**OTHER INSTRUCTIONS;**

- **Pacemaker or Internal Defibrillator:** Please bring your device information card. Give it to the nurse. Your care provider will need to know the brand name of your device prior to your exam.
- **Blood Products:** You may be unable or unwilling to accept blood products in an emergency. If so, please call The Duke Center for Blood Conservation at 919-668-2467 one week before your appointment.
- **Children:** We discourage children in patient care areas.

## COLONOSCOPY PREPARATION INSTRUCTIONS WITH GOLYTELY ONE DAY PREPARATION

You will need to drink a laxative solution to clean your colon before your colonoscopy. This prep requires a prescription. See the below. There are several brands on the market (GoLYtely, NuLYTELY, and CoLYtely.) Some come with flavor packets. Purchase 1 or 2 packets of sugar-free drink mix. Do not choose a color that is red or purple. **Read these instructions before beginning the preparation!**

Golytely/NuLyteLy/Colytely is a preparation that **REQUIRES A PRESCRIPTION. This will be sent to your pharmacy ONE WEEK before your exam..** If Duke GI does not contact you by one week before your exam to obtain your pharmacy information, call GI Scheduling at 919-684-6437 with this information.

Duke Medicine follows the recommendation of the American College of Gastroenterology (ACG). This group recommends splitting the dose of colonoscopy bowel preps. The first dose is to be taken the night before the colonoscopy. The second dose is to be taken the day of this exam. Literature shows split-dose preps have better prep quality, tolerance, and a decrease in missed cancers.

### **SEVEN (7) TO TEN (10) DAYS BEFORE COLONOSCOPY:**

Duke GI will contact you to obtain a basic health history. This call will not last long. If we are not able to reach you, please return the call as soon as possible. It is very important we speak with you. Make sure to review the “Special Medicines Instructions” for possible changes to your medicines.

### **FIVE (5) DAYS BEFORE COLONOSCOPY:**

Begin a low fiber (restricted-residue) diet. ***Please see list of foods allowed.***  
Stop fiber supplements such as Metamucil, Citrucel and Fiberall.

#### **Purchase:**

- ☐ **Preparation Prescription:** 1 jug
- ☐ **Dulcolax®** (bisacodyl, 5 mg): 2 tablets (NOT suppositories)
- ☐ **Clear liquids** (see list below for ideas)
  - \*Liquids should **not** be red or purple in color
- ☐ Pre-moistened wipes. These may prevent skin soreness

### **ONE (1) DAY BEFORE COLONOSCOPY:**

**Do NOT eat SOLID FOOD. Drink only clear liquids for all meals and snacks (see list)**

<b>Morning:</b>	Add water to the “fill line” of your prep container. Add ONE flavor packet. If a flavor packet was not provided with your prep, add 1 or 2 packets of sugar-free drink mix to the container. Mix and refrigerate.
<b>3:00 PM:</b>	Take 2 Dulcolax (bisacodyl) tablets with a clear beverage of your choice.
<b>6:00 PM:</b>	Drink one (1) 8 ounce glass of the prep solution every 15 minutes until the jug is $\frac{3}{4}$ empty. You will have had about 3 liters or 12 glasses. Refrigerate remaining prep for the morning.

\*If you have nausea, slow down the pace of drinking. You may take a short break. Then start drinking from the container again.

**\*It is important to continue drinking clear liquids until bedtime.\***

**DAY OF COLONOSCOPY:**

**4 hours before you leave for your procedure:** Drink one (1) 8 ounce glass of the prep solution every 15 minutes until the solution is finished. This will be about 4 glasses. Keep drinking clear liquids (water, apple juice) until 2 hours before your arrival time. Follow the recommendations on the front page about your medicines. **\*It is important to continue drinking clear liquids\***

**2 hours before scheduled procedure:** Take scheduled medicines with small sips of water. Then stop taking anything by mouth.

**CLEAR LIQUID DIET LIST: Do NOT eat or drink anything RED or PURPLE****Beverages:**

- Soft drinks – orange, ginger ale, Sprite, 7-Up, Gatorade
- Fruit juices without pulp – apple, white grape
- Water

**Soups:**

- Low-sodium chicken or beef bouillon/broth
- Vegetable or soy broth

**Desserts:**

- Jell-O (lemon, lime, orange; no fruit or toppings)
- Popsicles (no sherbet or fruit bars)

Low Residue (Low Fiber) Diet		
Food Group	Foods Allowed	Foods to Avoid
<b>Milk and dairy</b>	Milk and milk products. Includes:	▪ fruited yogurt
	▪ cow's milk	▪ any ice cream or cheese with nuts or seeds
	▪ ice cream	▪ any milk products if you are lactose intolerant
	▪ yogurt	
	▪ cheese	
	▪ cream	
<b>Beverages</b>	▪ coffee and tea	▪ any beverage containing pulp or seeds, such as orange or grapefruit juice
	▪ carbonated beverages	▪ prune juice
	▪ apple juice	▪ nutritional supplements that contain fiber
	▪ strained juice	
	▪ bottled water	
	▪ tomato juice	
	▪ fruit drinks without pulp, such as fruit punch	
	▪ Kool-Aid or Hi-C (no red or purple)	
	▪ nutritional supplements without added fiber, such as Boost or Ensure	
<b>Breads, cereals, and starches</b>	▪ refined breads, rolls, bagels, English muffins, pita bread, biscuits, muffins, crackers, pancakes, waffles, or pastry	▪ whole grain breads, cereals, and pasta
	▪ refined cooked and cold cereals such as hominy grits, farina, cream of wheat or rice, strained oatmeal, Cheerios, Corn/Rice Chex, Cornflakes, Rice Krispies, Special K	▪ oatmeal
	▪ potato and sweet potato without skin	▪ granola
		▪ any bread, cereal, cracker, or pasta made with seeds, nuts, coconut, or raw or dried fruit
	▪ white rice	▪ corn bread
	▪ refined pasta	▪ graham crackers
	▪ refined pasta	▪ brown rice
		▪ wheat germ
		▪ bran
		▪ sprouted wheat
		▪ wild rice
		▪ barley
		▪ potato skins

Low Residue (Low Fiber) Diet		
Food Group	Foods Allowed	Foods to Avoid
<b>Fruits</b>	▪ <b>canned or cooked</b> fruit without skins or seeds (peaches, pears, apricots, apples)	▪ raw fruit (bananas are okay)
	▪ applesauce	▪ canned pineapple, oranges, grapefruit sections, mixed fruit
	▪ ripe banana	▪ dried fruit
	▪ jellied cranberry sauce	▪ all berries, melons
		▪ whole cranberry sauce
		▪ avocado
		▪ coconut
<b>Vegetables</b>	▪ tender, well cooked fresh, canned and frozen vegetables without seeds such as peeled carrots, green beans, and beets	▪ <b>all raw vegetables</b> , such as lettuce, onion, celery, cucumber, mushrooms, scallions, etc.
	▪ strained vegetable juice	▪ vegetables with seeds
	▪ strained tomato juice	▪ <b>tough, fibrous cooked vegetables</b> such as: artichokes, asparagus, broad beans, broccoli, cauliflower, brussel sprouts, celery, corn, cucumber, eggplant, mushrooms, onion, peas (green peas), sauerkraut and cabbage, spinach, tomatoes, zucchini summer squash, winter squash
<b>Meat and meat substitutes</b>	▪ cooked, tender fish, poultry, beef, lamb, pork, ham, veal, organ meats	▪ non-tender meats
	▪ eggs	▪ gristle
	▪ cheese	▪ hot dogs
	▪ tofu	▪ salami, cold cuts
	▪ tuna fish	▪ meat substitutes made with whole grains, nuts, or seeds
	▪ smooth peanut butter and other smooth nut butters	▪ dried beans, peas, lentils
		▪ crunchy style peanut butter and other crunchy nut butters
<b>Miscellaneous</b>	▪ salt, sugar, ground or flaked herbs and spices	▪ pepper
	▪ vinegar	▪ seed spices
	▪ ketchup and mustard	▪ seeds and nuts
	▪ soy sauce	▪ coconut
	▪ jelly (but not jam or preserves)	▪ popcorn
		▪ jams or preserves
		▪ pickles and olives