

## Colonoscopy Bowel Preparation Instructions

### GoLyately

Your Procedure is scheduled on   /   /   at   :   AM/PM

(Procedure times are subject to change. Please expect a phone call from the hospital the day prior to your scheduled procedure date with final time of arrival.)

Proper bowel cleansing is necessary for an effective colonoscopy. Stool (feces) that is not cleared out of the colon can cover up and obscure polyps, masses, and other abnormalities in the colon. This can result in the need to repeat your colonoscopy.

## **Please follow these instructions carefully!!!**

### **THREE (3) DAYS BEFORE YOUR PROCEDURE:**

- Start AVOIDING fibrous foods (e.g. corn, celery, carrots, beans, quinoa, raw vegetables, etc.).

### **THE DAY BEFORE YOU PROCEDURE:**

- DRINK ONLY CLEAR LIQUIDS ALL DAY (water, clear fruit juices, Gatorade, soup, broth, tea or coffee without cream, popsicles, soda, Jell-O). NO SOLID FOOD.
- NO ALCOHOL.
- Drink an extra 8 ounces of clear liquid every hour from 11 A.M. to 5 P.M.
- **Starting at 5 P.M. the evening before your procedure:** mix Polately powder according to the directions and drink 8 ounces every 15 minutes until half of the solution is gone. Put the rest of the solution in the refrigerator.
- You are encouraged to continue to drink another 16 to 24 ounces of clear liquids until you go to bed.

### **THE DAY OF YOUR PROCEDURE:**

- **Starting 4 to 5 hours before leaving for your procedure:** drink 8 ounces every 15 minutes until the rest of the solution is gone.
- After finishing your prep, do not have anything to eat or drink for at least 4 hours before your procedure.

**What to bring the day of the procedure:**

- Insurance card
- Photo ID
- Complete list of medications
- Name and address of all physicians you want to receive a copy of your procedure report.
- Wear loose comfortable fitting clothes that are easy to take on and off. Do not wear jewelry or bring any valuable belongings.
- Please have a responsible driver. This driver must be a family member or friend. No Taxi, Uber, Lyft or Public Transportation is allowed. Due to sedation being given for the procedure, you will not be able to drive, operate heavy machinery, do any heavy lifting, make any important decisions, sign any legal documents, or return to work for the rest of the day. You may resume all normal activities the day after your procedure, unless otherwise instructed by your physician.

**AFTER THE PROCEDURE:**

- You may resume a regular diet, unless otherwise instructed by your physician. 2
- Your physician will discuss the results of your procedure with you or the person that accompanies you (with your permission) after the procedure.

**REGARDING PRESCRIPTION MEDICATIONS:**

In general, it is recommended that you take all prescribed medications as you normally would, even on the day of the procedure, **with the following considerations:**

- Diabetes: check with your physician regarding which medications you may take the day before and the morning of your procedure. It may be advised to stop any oral diabetes medications and reduce or hold insulin the morning of your procedure. Bring all diabetes medications with you to take after the procedure is over, when you have resumed a regular diet. Your blood sugar will be checked the day of the procedure.
- Blood Thinners: ask your physician about how to take aspirin, Plavix (clopidogrel), Coumadin (warfarin), Lovenox, heparin or any other blood thinners before and after the procedure.

**If you have any questions, please call the office at: 630-312-2590**

For questions you may have after hours please call the same number and select the option to page the physician on-call. A physician is on-call 24 hours a day 7 days a week to answer any questions or concerns you have.