

Durham VA Health Care System  
GI Clinic

**Instructions for Colonoscopy Golytely (2 Jug) Split Preparation**

Your colonoscopy is scheduled on: \_\_\_\_\_ at \_\_\_\_\_.

Pre-anesthesia evaluation appointment (if indicated): \_\_\_\_\_.

**Report to GI Clinic 30 minutes before your appointment for registration**

You will be here for about 2-4 hours.

Please leave your valuables at home.

**EGD and Colonoscopy (Double)**

If you are scheduled to have an EGD (Upper Endoscopy) on the same day as your colonoscopy, there is no additional preparation. Both procedures are done together in one appointment. Loose teeth need to be secured or removed by a dentist prior to an EGD.

**Procedural Sedation**

Sedating medications are given in your vein and can affect your judgment, memory, and sense of time. You may be affected by these medicines for up to 24 hours after the procedure.

**No Sedation**

Some patients choose to have the procedure without sedation. You will be awake and can watch the procedure. Patients who choose NOT to be sedated, DO NOT need a driver.

**Driver: Required for patients receiving sedation for procedure.**

Your driver must be with you when you check in.

Your driver must be at least 18 years of age.

Your driver must stay in the hospital during your procedure.

**DAV VAN:**

You are required to have an adult accompany you on the van when you have a procedure. We can give you a doctor's note that you can give the DAV van driver.

**LODGING:** Lodging can be arranged if you live 75 miles or more away and your appointment is 10 am or earlier. If you are interested in lodging, please let us know and we can enter a request for you.

**Contacting the GI clinic:**

Phone numbers:

- Scheduling: (919) 286-6945 or Toll free # (888) 878-6890-extension 6945
- Nurse line: (919) 286-0411 ext. 17 5080 (for questions about your GI procedure)

**Secure Message** – "GI clinic" at [www.myhealth.va.gov](http://www.myhealth.va.gov)

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**Medication and Medical Device Safety**

- Blood thinners** can increase the risk of bleeding.

If you take blood thinning medications, speak with the provider who manages the medication about when it should be stopped before your procedure.

Recommended stop times: **Call your provider for instructions!**

7 days before: <ul style="list-style-type: none"><li>• Clopidogrel/Plavix</li><li>• Prasugrel/Effient</li></ul>	5 days before: <ul style="list-style-type: none"><li>• Warfarin/Coumadin</li><li>• Ticagrelor/Brilinta</li></ul>	2 days before: <ul style="list-style-type: none"><li>• Rivaroxaban/Xarelto</li><li>• Dabigatran/Pradaxa</li><li>• Apixaban/Eliquis</li></ul>	24 hours before: <ul style="list-style-type: none"><li>• Lovenox</li></ul>
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Restart your blood thinner after your procedure as instructed by your provider.

- Do Not Stop taking Aspirin, NSAID, or other Pain Medication.**
- Iron Supplements** cause constipation. Stop taking them 7 days before the procedure and resume them after the procedure.
  - Ferrous gluconate/sulfate
- Diabetic medications** taken without food may lower your blood sugar too low.

<p><b>On your clear liquid day/days</b></p> <ul style="list-style-type: none"><li>• Do not take: <u>Diabetic pills:</u> (Metformin, Glyburide, Glipizide, Pioglitazone, Sitagliptin) <u>Short Acting Insulins:</u> (Regular, Aspart, Exenatide)</li><li>• Take <math>\frac{1}{2}</math> dose/doses: <u>Long Acting Insulins:</u> (70/30, Glargine/Lantus, Detemir, NPH)</li></ul> <p><b>Do not take any diabetic medications on the day of the procedure.</b></p>
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- Insulin Pumps** Contact your provider for instructions.
- Bring your rescue inhalers.**
- Bring your CPAP or BIPAP machines to the procedure appointment.**
- Pacemakers and Implanted Defibrillators need clearance before the procedure.**
- Use of illegal drugs before your procedure may lead to cancellation.**

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**3 Days before Procedure: Low fiber Diet**

**Avoid eating High Fiber Food & Stop Fiber Supplements.**

High fiber food takes longer to wash out of the colon and fiber supplements increase stool bulk.

**Follow low fiber diet on this date:** \_\_\_\_\_

**YES**      Examples of low fiber food to eat

- ✓ Meat (without seeds or vegetables)
- ✓ Eggs, Tofu, creamy peanut butter
- ✓ Dairy products – milk, yogurt, cheese, ice cream, butter
- ✓ Pasta/noodles-white pasta
- ✓ White rice
- ✓ Breads- white or light wheat (avoid bran, seeds & nuts)
- ✓ Pancakes & Waffles- plain
- ✓ Potatoes-mashed or fried \*Avoid skins
- ✓ Sauces -pureed
- ✓ Salt, Sugars, Sweeteners & Syrups, seedless Jams and Jelly
- ✓ All clear liquids are allowed.

**NO**      Examples of high fiber food and fiber supplements to avoid:

- ⊗ High fiber cereals, oatmeal, granola, whole grains, grits
- ⊗ Nuts, Dried fruits
- ⊗ Fruits and vegetables with small seeds & skins: strawberries, raspberries, blackberries, kiwi, figs, watermelon, tomatoes, cucumbers, okra
- ⊗ Poppy seeds, sesame seeds
- ⊗ Leafy greens & vegetables with skins, beans
- ⊗ Celery, onions, lettuces, cabbage
- ⊗ Breads with seeds
- ⊗ Pepper & herbs
- ⊗ Corn & Popcorn
- ⊗ Fiber Supplements-Psyllium (Citrucel)

**Increase your fluid intake while on a low fiber diet.**

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**Two Days Before Procedure: Clear liquid Diet**

Drink only clear liquids on these days: \_\_\_\_\_ and \_\_\_\_\_

- Hydrate. Drink 8 ounces of clear liquids every hour you are awake.
- Diabetics can put sugar in some of the liquids you drink.

**Examples of clear liquids:**

Water/flavored waters	black coffee or tea (no milk or creamer)	white grape juice/ apple juice pulp free lemonade
chicken/beef/vegetable broth	Powdered drinks (kool-aid, tang), pulp free lemonade	Sports drinks/Gatorade™
Popsicles (not red/purple)	Soda or carbonated drinks	lemon/lime/orange Jell-O™

**DO NOT** drink:

Red or purple liquids	Alcohol	Orange juice
Grapefruit juice	Tomato juice	Milk products

**Two Days Before Procedure: Laxative Prep**

The First Jug of Laxative is taken this day. \_\_\_\_\_

**Mix the First Jug in the morning.**

- Fill the container with warm water to the fill line.
- Shake the container to mix the powder completely.
- Place the container in the refrigerator to cool until 1 pm.



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Drink the first  $\frac{1}{2}$  of the laxative from 1 pm until 3pm. \_\_\_\_\_

- Drink an 8 oz. cup of laxative every 10 to 15 minutes until you have finished  $\frac{1}{2}$  of the container.
- You may notice some cramping or bloating at the beginning of the prep. This will improve once the laxative starts working
- The laxative may start working within 15 minutes to an hour after drinking.
- Be near a toilet.
- If you develop nausea or vomiting, take a short break from the laxative to allow it to move downstream, and then resume drinking it at a slower rate.



**1PM-----3PM**

Drink the remaining  $\frac{1}{2}$  of the laxative from 5 pm until 7pm. \_\_\_\_\_

- Drink an 8 oz. cup of laxative every 10 to 15 minutes until you have finished  $\frac{1}{2}$  of the container.
- You may notice some cramping or bloating at the beginning of the prep. This will improve once the laxative starts working
- The laxative may start working within 15 minutes to an hour after drinking.
- Be near a toilet.
- If you develop nausea or vomiting, take a short break from the laxative to allow it to move downstream, and then resume drinking it at a slower rate.



**5PM-----7PM**

Continue clear liquids while drinking the laxative and until bedtime.  
Take evening medications after 9pm.

**One Day Before Procedure: Laxative Prep**

**Maintain a Clear Liquid diet all day on this day \_\_\_\_\_**

**Mix the Second Jug in the morning.**

- Fill the container with warm water to the fill line.
- Shake the container to mix the powder completely.
- Place the container in the refrigerator to cool until 5 pm.



**Drink the first ½ of the laxative from 5 pm until 7pm. \_\_\_\_\_**

- Drink an 8 oz. cup of laxative every 10 to 15 minutes until you have finished ½ of the container.
- You may notice some cramping or bloating at the beginning of the prep. This will improve once the laxative starts working
- The laxative may start working within 15 minutes to an hour after drinking.
- Be near a toilet.
- If you develop nausea or vomiting, take a short break from the laxative to allow it to move downstream, and then resume drinking it at a slower rate.



**5PM-----7PM**

Continue clear liquids while drinking the laxative and until bedtime.  
Take evening medications after 9pm.

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**Day of Procedure: Continue taking Prep**

**4 hours before you leave for your appointment.** \_\_\_\_\_

- Drink the remaining laxative
- You will need 2 hours to drink it.
  - Drink 8 oz. every 10 to 15 minutes until the jug is empty.
- Wait 2 more hours for the laxative to finish working.



**Do not drink anything after finishing the laxative except:**

- Two hours after finishing the laxative, take usual morning medications with a small sip of water
  - Including narcotic pain medication and/or blood pressure medication.
- Do not take medications that the Endoscopy Unit advised you to hold.

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**Quick Look Guide**

3 days before	2 days before	1 day before Starts when you wake up!	The day of your procedure
<p><b>Low fiber diet</b></p> <p>Stop fiber supplements.</p> <p>On this day, you may also take any additional laxatives or stool softeners that have been ordered for you such as Docusate, Colace, Dulcolax, or Sennosides.</p> <p>Page 3 of instructions</p>	<p><b>Clear liquid diet only</b></p> <p><b>Mix 1<sup>st</sup> golytely jug</b></p> <p>Not red or purple</p> <p>NO FOOD!</p> <p>Stay hydrated.</p> <p>Avoid alcohol.</p> <p><b>Drink ½ of the laxative solution (64 oz.) from 1P-3P.</b></p> <p><b>Drink ½ of the laxative solution (64 oz.) from 5P-7P.</b></p> <p>Pages 4 &amp; 5 of instructions</p>	<p><b>Clear liquid diet only</b></p> <p><b>Mix 2<sup>nd</sup> golytely jug</b></p> <p>Not red or purple</p> <p>NO FOOD!</p> <p>Stay hydrated.</p> <p>Avoid alcohol.</p> <p><b>Drink ½ of the laxative solution (64 oz.) from 5P-7P.</b></p> <p>Page 6 of instructions</p>	<p><b>Do not eat!</b></p> <p><b>Drink the 2<sup>nd</sup> half of the laxative solution (64 oz.) as instructed.</b></p> <p><b>Take morning meds with a sip of water with exception to the meds advised to hold.</b></p> <p>Page 7 of instructions</p>

**Notes** \_\_\_\_\_

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