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GOLYTELY SPLIT PREPARATION FOR COLONOSCOPY

Reminders:

- You must have a family member or friend drive you home after the examination due to the medications that are given to you during the procedure.
- You must have the entire day off: no working, no driving, and no plans. In the morning you will be cleaning out your bowel for the procedure, and in the afternoon you will be recovering from the medications used during the procedure.
- Please bring with you to your procedure a list of all your current medications.
- If your insurance changes, you must notify the office at 508-478-6363 prior to your procedure. You will be responsible for any charges due to lack of correct insurance information.

If your colonoscopy has been scheduled for screening (you have no symptoms with your bowels*), and your doctor finds a polyp or tissue that has to be removed during the procedure, this colonoscopy is no longer considered a screening procedure. It is considered a surgical procedure and your benefits may change. Please check with your insurance company prior to starting the bowel preparation to assure that you understand your insurance benefits and coverage.

Preparation:

GoLytely is a mildly salty solution that is an effective cleansing agent for the gastrointestinal tract if taken according to directions. **ATTENTION: If you are taking Coumadin, Plavix or Aggrenox, please check with the office for instructions PRIOR TO STARTING THIS PREPARATION.**

1. Purchase the GoLytely at your pharmacy. It requires a prescription.
2. If you have diabetes and take oral agents or insulin, you will receive a

- separate sheet of instructions regarding these medications.
3. If it is necessary for you to cancel this appointment after 5 p.m., please call 508-473-1190, ext. 2860.

** Symptoms such as change in bowel habits, diarrhea, constipation, bleeding, anemia, etc.*

Day before examination:

1. The day before the test, you may only have clear liquids. A clear liquid diet consists of the following: broth, Jell-O (NOT red Jell-O), apple juice, grape juice, cranberry juice, black tea and coffee, popsicles, carbonated beverages - essentially no milk products or solid foods.
2. In the morning, fill the GoLyteLy bottle with lukewarm drinking water, shake and refrigerate.
3. At 7:00 p.m., drink one 8-oz. glass of GoLyteLy every 15-20 minutes until you finish 50% of the liquid. You will finish the remaining 50% of the GoLyteLy the next morning.
 - It is easier to drink the glass quickly rather than a little at a time.
 - If nausea develops, skip 1 glass of GoLyteLy, then continue drinking 8 oz. every 15-20 minutes until half of the solution is finished.
 - Sipping on cranberry juice in between drinking the GoLyteLy is usually helpful.

Morning of procedure:

1. Start the second half of the prep at least 4 hours before your procedure (allow enough time to complete the prep 2 hours before your procedure). Begin drinking 8 oz. of GoLyteLy solution every 15-20 minutes until it is all gone. It is imperative that you complete the GoLyteLy solution, followed by two additional glasses of clear fluids to ensure an accurate exam.
2. Do not eat or drink after completing the prep.
 - It is not unusual to feel cold or experience chills after completing the prep.

Day of examination:

1. Take all blood pressure and heart medication with a small amount of water.
2. Please bring to the hospital a list of medications that you are taking, including the name of the medication, dosage and how you are taking it. Also, please bring a list of your allergies and the attached completed patient database.
3. If your appointment is late afternoon, you may have clear liquids up to 2 hours before the procedure.

Because of the sedation used during the procedure, you must have someone available to drive you home. A responsible person must be present in the Endoscopy Unit at discharge time to drive you home. Public transportation (taxi) is not legally acceptable after conscious sedation. We will have to rebook your appointment if a ride is not available. You will not be able to drive for 12 hours after your procedure because of side effects of the sedation. Your ride does not have to remain at the hospital during your procedure but must be available to take you home.

Report to:

- This test is done in the Hill Health Center of the Milford Regional Medical Center. Please report to the Hill Outpatient Desk 45 minutes before your scheduled appointment. Total time at the hospital will be approximately 2 hours.

This examination will take approximately 45 minutes, but this may vary from patient to patient. After the examination is completed, you will spend approximately 1/2 hour to 1 hour in our recovery area. Please keep in mind that this is an estimated appointment time. Because the time involved in each procedure is often unpredictable, and procedures are scheduled to follow each other consecutively, there are occasions when the schedule runs behind. Your patience and understanding are appreciated.

Day after examination:

- You can expect to resume normal activities again unless otherwise indicated. After the procedure, you will be given instructions about diet and medications.

Remember:

- Please pre-register by calling 508-422-2222 within 2 weeks of your appointment.
- Complete your patient database form and bring it with you to the hospital on the day of your procedure.

NOTICE: A 48-hour cancellation notice is required for all Office Appointments or scheduled Endoscopic Procedure Appointments. A missed Office or Endoscopic Procedure (Colonoscopy/Upper GI Endoscopy etc.) appointment will incur a \$50 charge. This \$50 fee is NOT covered by your health insurance.

Milford GI Associates strives to schedule all patients for Office Appointments or Procedures as promptly as possible. Because of the great need for GI services in our community, these Appointments are very important and a Missed Appointment without prior notification adversely impacts other patients who may be waiting for an appointment.

These Appointments require the careful coordination of the schedules of our Patients and the Physicians and Nurse Practitioners of Milford GI Associates. In the case of scheduled Endoscopic Procedures, the Endoscopy Unit and Nurses at the Milford Regional Medical Center require additional consideration. Please help us, our Hospital and all members of our community by providing a 48 hour cancellation notice.