

# Yale HEALTH

## Colonoscopy prep instructions: GoLYTELY®

Date of Procedure:

Arrival Time:

Location of Colonoscopy Procedure: 55 Lock Street. 4<sup>TH</sup> FLOOR  
New Haven CT 06511  
(203) 432-7324

### What is a colonoscopy?

A colonoscopy is a procedure that involves the examination of the large intestine, also known as the colon, using a thin, flexible tube called a “colonoscope.” The tube is inserted through the rectum and passes through the large intestine all the way to the opening of the small intestine. The tube is equipped with a camera and allows the doctor to visualize the inside of the colon. The purpose of this procedure is to look for early signs of colon cancer, or to diagnose other problems in the colon.

### What are the risks?

Complications are rare, but they may include:

- Allergic reaction to the medicine
- Bleeding
- Making a hole in the colon
- Infection
- Breathing problem
- Irregular heartbeat
- Risk of missed lesions

### What will happen on the day of the procedure?

When you arrive for your procedure, a medical assistant will bring you to your bed in the Recovery Room. Next, a nurse will review your medical history and place an

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intravenous catheter (IV) into your arm. Lastly, the doctor will review the risks and benefits of the procedure with you and will ask you to give consent for this procedure; you may use this time to ask any questions relating to your medical history.

In the Procedure Room, there will be two nurses and one doctor. They will perform a safety check, after which they will begin to administer sedation. Once you are comfortably sedated, the procedure will begin. You may be awake for parts of this procedure, and you may feel some abdominal cramping. The doctor may take some tissue samples; these samples will be sent to the laboratory for testing and you will receive these results in the mail.

After the procedure, a nurse will take you back to the Recovery Room where you will rest for approximately one hour while we monitor your vital signs. At this time we will call your ride home to tell them when to pick you up.

We recommend you eat and rest after returning home. You should be able to resume your normal diet that afternoon, and regular activities on the next day.

## ONE WEEK BEFORE YOUR COLONOSCOPY

- You will need to find an adult to take you home after your procedure. This is very important since you will be given medicine during your colonoscopy that makes you sleepy. You will NOT be able to drive a car or go home alone even by bus, taxi or other transportation.
- STOP eating whole grains, seeds, berries, or nuts.
- STOP taking Iron and/or Fiber supplements.
- Pick up your prescription at the pharmacy.

**If you are unable to make these arrangements, your procedure will need to be rescheduled.**

## CONTACT YOUR MEDICAL PROVIDER IF:

- You take blood thinner medications such as Coumadin®, Plavix®, Xarelto®, or Eliquis®. Please contact your medical provider to see if these can be safely stopped before your procedure. **Do not stop these medications without consulting with them first.**

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- You take any oral diabetes medication or short acting insulin. You may need to adjust your medications for blood sugar control.

## THREE DAYS BEFORE YOUR COLONOSCOPY:

- Call the adult who will be accompanying you home on the day of your appointment to make sure they are still available.
- Review the diet you will need to follow for the day prior to the procedure.

## THE DAY BEFORE YOUR COLONOSCOPY

- You must follow a clear liquid diet all day, meaning you may not have any solid or semi-solid foods. You may only drink clear liquids, such as:
  - Clear Juice, soda, Gatorade®
  - Jell-O®, popsicles (no red or purple)
  - Coffee, tea (no milk or cream)
  - Clear broth
  - Water
  - Italian Ices, Popsicles (no red or purple colors)
- Avoid any liquids with solids, pulp, milk, and cream. Avoid any liquids that are red-colored.
- Beginning at 5:00pm, drink 8oz of the GoLYTELY® solution every 10 minutes until three-quarters (96oz) of the solution is consumed.
- You may continue to drink clear liquids until bedtime.

## THE DAY OF YOUR COLONOSCOPY

- Beginning 4 hours before your appointment time, drink the remaining quarter (32oz) of the GoLYTELY® solution. Drink 8oz every 10 minutes until the solution is finished.
- Do not drink anything 3 hours before your appointment time.
- Take your blood pressure medications before your appointment with a sip of water.

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- If you use a CPAP machine for sleep apnea, remember to bring it. The procedure may be canceled if you do not have your CPAP.
- Remove jewelry before checking in.

## HELPFUL HINTS

- To improve the flavor of GoLYTELY<sup>®</sup>, mix it in advance and store it in the refrigerator. You may also add any powdered drink mix such as Crystal Light<sup>®</sup> or Gatorade<sup>®</sup>.
- While taking the prep, you may have cramping, bloating, discomfort, and nausea. This is very common and usually will improve by using the bathroom. You can take a short break for up to 30 minutes if you have any of these symptoms. However, it is important to complete the prep within the times stated on the instructions above.

**Note:** Take GoLYTELY<sup>®</sup> as instructed by Yale Health Endoscopy, not as instructed in the product packaging. GoLYTELY<sup>®</sup> will cause you to have many bowel movements, which is necessary so your colon is clean for the procedure. Do your best to consume all of the GoLYTELY<sup>®</sup> so you do not have to repeat the procedure.

## FREQUENTLY ASKED QUESTIONS

### **What if I get nauseous?**

We can treat you with nausea medication (Zofran<sup>®</sup>) which may relieve symptoms of nausea and vomiting associated with sedation.

### **What if I can't finish the GoLYTELY<sup>®</sup>?**

Do your best to finish all of the solution, even if this means drinking smaller quantities over a longer interval.

### **Will I be knocked out?**

We use a technique called moderate sedation, which involves a combination of medications (Fentanyl<sup>®</sup>, Versed<sup>®</sup>, and sometimes Benadryl<sup>®</sup>) to make you feel relaxed and to relieve discomfort. This kind of sedation allows for a faster recovery. You may feel drowsy but you will be able to open your eyes and speak when we call your name. This technique is also called “twilight sleep.”

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## How long does the procedure take?

The colonoscopy procedure typically lasts 20-40 minutes. Most of your time in the Endoscopy Unit is spent preparing for the procedure and resting after you receive sedation. You can expect to spend about 3-4 hours in the Endoscopy Unit.

## Cancellations:

Please call us to cancel or reschedule your appointment, you cannot cancel or request appointments using MyChart. A late fee will be applied if appropriate notice is not provided- see your schedule of benefits for details.

Note: If you have any questions about your upcoming procedure, please call

YHC Endoscopy Mon-Fri 8AM to 4PM at (203)432-7324

Or (After hours) YHC Acute Care at (203)432-0123