

# Colonoscopy Preparations – Golytely, Nulytely, Trilyte or Colyte



Digestive Disease Center

A colonoscopy is a procedure in which a doctor inserts a thin tube equipped with a camera into the anus and then guides it inside the colon. During this procedure, the doctor will see images from inside of the colon on a monitor. He or she will then expand the colon to view its lining more clearly. Also, the doctor may use tiny tools inserted through the tube to remove tissue samples or polyps.

Colonoscopies are commonly used to evaluate gastrointestinal symptoms such as rectal and intestinal bleeding or changes in bowel habits. Also, they are often performed to screen for colorectal polyps or cancer in people who may not have symptoms.

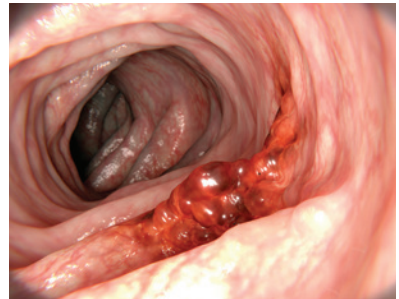
A screening colonoscopy is recommended for:

- ✦ Most people starting at age 50
- ✦ African Americans starting at age 45
- ✦ People who have family histories of colon cancer or polyps at younger ages

### *Healthy Colon*



### *Unhealthy Colon*



*The colon is a muscular tube. It absorbs water and nutrients from the body's waste, creates stool and pushes stool into the rectum.*



# COLONOSCOPY PROCEDURE INSTRUCTIONS

## *General Guidelines*

- ‡ Your bowel must be empty for your doctor to clearly view the colon. So, it is important that you follow all of the instructions in this brochure *exactly* as they are written.
- ‡ For your safety and to better ensure optimal viewing of the colon, your colonoscopy will be *cancelled* if you do not follow all of these instructions.
- ‡ Do not eat any solid food the *entire* day before and of your colonoscopy.
- ‡ Do not mix the solution until the day before your colonoscopy.

## *Post-Procedure Arrangements*

Please arrange to have a family member or friend available to take you home after the colonoscopy. Since you will be sedated during this procedure, a *responsible driver must accompany you home*.

## *Prescribed Medications*

You may need to stop or adjust some of your usual medications prior to the colonoscopy. You must request medication adjustments from the doctor(s) who prescribed them. Some of these medications may include:

### **Blood Thinners**

- ‡ Agrylin (Anagrelide)
- ‡ Coumadin (Warfarin)
- ‡ Effient (Prasugrel)
- ‡ Eliquis (Apixaban)
- ‡ Plavix (Clopidogrel)
- ‡ Pradaxa (Dabigatran)
- ‡ Ticlid (Ticlopidine HCL)
- ‡ Xarelto (Rivaroxaban)

## **Insulin or Diabetes Pills**

- ‡ Follow the instructions given by your doctor(s) regarding diet as well as insulin and diabetes pill use during your bowel preparation.
- ‡ Bring your diabetes medicine(s) with you on the day of your procedure.

## **Aspirin**

- ‡ If you use aspirin, *take it and all other prescribed medications* on the day of your procedure with a sip of water.

## *Bowel Cleansing Process*

### **Three to Five Days Before Your Colonoscopy**

Do not eat high fiber foods.

- ‡ Popcorn
- ‡ Beans
- ‡ Seeds (flax, sunflower, quinoa, etc.)
- ‡ Multigrain breads
- ‡ Nuts
- ‡ Salad
- ‡ Vegetables
- ‡ Fresh fruit
- ‡ Dried fruit

### **One Day Before Your Colonoscopy**

Drink only clear liquids the *entire day* before your colonoscopy.

- ‡ Water
- ‡ Apple juice
- ‡ Grape juice
- ‡ Broth
- ‡ Coffee or tea without milk or creamer
- ‡ Clear carbonated beverages (e.g. ginger ale, lemon-lime soda, etc.)
- ‡ Gatorade® or other sports drinks not red in color
- ‡ Kool-Aid® or other flavored drinks not red in color

Eat only non-solid foods.

- ‡ Plain jello or other gelatins not red in color
- ‡ Popsicles not red in color

Drink at least eight ounces of clear liquids every hour after waking up.

Do not drink alcohol the day before and of the procedure.

## *Bowel Preparation Mixture*

- ‡ Follow all of the instructions on the label.
- ‡ Add the flavor packet that came with the preparation mixture.
- ‡ Do not add ice, sugar or any flavorings to the mixture.
- ‡ After mixing, place the solution in the refrigerator for a couple of hours before drinking.

## *Morning Appointment Preparation Steps*

### **Step 1 – Evening Before Your Colonoscopy**

- ‡ Drink the bowel preparation mixture starting at 5 p.m. the day before your colonoscopy.
- ‡ Drink eight ounces of the mixture every 10 minutes for a total of eight servings.
- ‡ Continue to drink clear liquids until bedtime.

### **Step 2 – Day of Your Colonoscopy (Four Hours Before Exam)**

- ‡ Drink eight ounces of the bowel preparation mixture every 10 minutes for a total of eight servings.
- ‡ Continue to drink clear liquids up to four hours before your exam.

If you take aspirin, *take it and all other prescribed medicines* with a sip of water on the day of your colonoscopy.

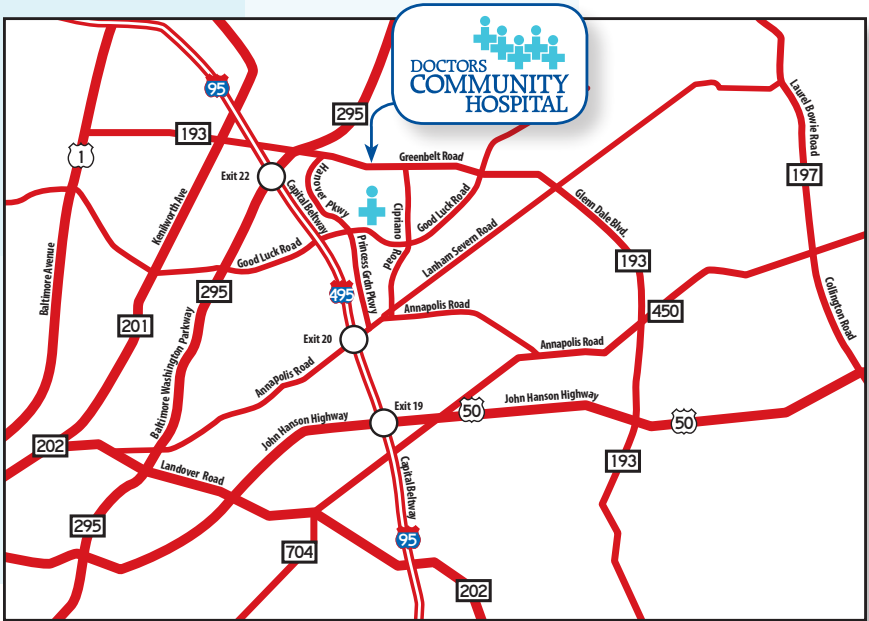


## *Afternoon Appointment Preparation Steps*

- ‡ Drink the bowel preparation mixture at 6 a.m. the day of your colonoscopy.
- ‡ Drink eight ounces of the mixture every 10 minutes finishing by 9 a.m.
- ‡ Continue to drink clear liquids up to four hours before your exam.
- ‡ If you take aspirin, *take it and all other prescribed medicines* with a sip of water on the day of your colonoscopy.







If you have any questions or need to reschedule your appointment, please call us at 240-965-4413.

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**Digestive Disease Center**  
8116 Good Luck Road  
Suite 010  
Lanham, Maryland 20706  
[DCHweb.org/digestive](http://DCHweb.org/digestive)