



## COLONOSCOPY PROCEDURE INSTRUCTIONS

### GoLytely Prep

**Physician:** Dr. Pointer // Dr. Sharma

**Facility:** Southern Endoscopy Center  
330 Wallace Rd, Suite 103  
Nashville, TN 37211  
Phone: (615) 832-5530

**Date of Procedure:** \_\_\_\_\_

**Arrival Time:** \_\_\_\_\_

**\*FAILURE TO FOLLOW INSTRUCTIONS WILL RESULT IN A  
CANCELLATION AND YOUR PROCEDURE WILL BE  
RESCHEDULED\***

### Your Bowel Preparation and Colonoscopy At a Glance

**Your prep is a ‘split dose’ prep. What is a ‘split’ colonoscopy prep?**

Many doctors offer a “split” prep, meaning patients take half of their prep the night before the colonoscopy and the other half the morning of the procedure.

Prepping this way is better for patients and allows the doctor to see the inside of the colon more clearly. For example, at 5 p.m. the night before the colonoscopy, you would drink 8 ounces of the already mixed prep and continue to drink 8 ounces every 10 to 15 minutes until the bottle is half empty. On the morning of the procedure (five hours before arriving at the doctor’s office), you do the same thing as the night before, until the remaining 2 liters of solution are gone.

**Preparation quality is your responsibility—you must follow these instructions. The effectiveness of your colonoscopy in finding polyps and preventing cancer is largely dependent upon your providing an excellent colon preparation. Failure to take the prep as indicated below may result in a poorly cleansed colon and possible cancellation or rescheduling of the procedure.**

#### **5-7 days before colonoscopy**

- Pick up your bowel prep solution at your pharmacy.
- Pick up Dulcolax 5 mg tablets and simethicone from the pharmacy. This is to help with gas.
- Pick up everything needed for your clear liquid diet.
- **Read all pages** provided and call our office if you have any questions (number listed above).
- Make arrangements to have someone drive you to the procedure, stay with you, and take you home afterward. You will not be allowed to leave the facility by yourself for your safety. You cannot drive for 12 hours after the procedure.

#### **The day before the procedure**

When you wake up, start a **CLEAR LIQUID DIET. NO SOLID FOODS.** Mix bowel prep and refrigerate.

3 p.m. Take TWO dulcolax (5mg each) with water.

5 p.m. - 8 p.m. Take TWO Simethicone tablets.

- Drink half a gallon of the bowel prep solution.
- Drink 8 ounces every 15- 20 minutes until half of the solution has been consumed.
- Place the other half back in the refrigerator.
- Stay well hydrated and drink plenty of water.

8 p.m. - midnight You may have a **CLEAR LIQUID** diet until midnight

#### **Day of procedure**

After midnight: **NOTHING BY MOUTH. THIS INCLUDES TOBACCO, CANDY, GUM, AND MINTS**

Morning of procedure: Take TWO simethicone tablets.

**5 HOURS BEFORE YOUR PROCEDURE-** drink the remaining half

Gallon and drink extra water as the previous day. The **ENTIRE container must be consumed at least 2 hours before your procedure.**

You can take your morning prescription medications with a small sip of water at least 4 hours before your procedure.

**You will be sedated for this procedure and will not be able to drive, operate machinery, make important decisions, or return to work. Plan to spend up to 4 hours at the facility, times can vary from 45 minutes to 4 hours. You MUST have a driver that is 18 years or older and they will be required to stay at the facility the entire time. They will be required to sign you out at the end of the procedure. If you do not have a driver, your procedure will be rescheduled.**

## CLEAR LIQUID DIET

A clear liquid diet means NO solid food, milk, milk products, or liquids that have pulp in them. Clear liquids are liquids that you can see through.

Please avoid clear liquids that are red, orange, blue, or purple.

This includes:

- Water
- Jello
- Clear broth (without pulp, fat, noodles, beans, vegetables, or meat)
- Coffee or tea (without cream)
- Sports drinks (not red, blue, orange, or purple)
- Clear sports drinks, sodas
- Popsicles

Foods to AVOID:

- ALL SOLID FOODS
- Meats
- Vegetables
- Fruit
- Fiber, nuts seeds, oats, granola, fruit, and vegetable skins for 7 days before the procedure.

Medications:

- **Blood thinners**
  - You will be contacted within 9 days with instructions on when to stop this
- **FIBER and IRON** supplements must be STOPPED for 7 days before your procedure
- **NSAIDS**- STOP taking AT LEAST 7 days before your procedure
- **Blood pressure medications**- DO NOT STOP this, you can take them the morning of
- **Diabetic medications**- UNLESS otherwise instructed by your primary care or endocrinologist
  - Type 2 diabetes:
    - The morning before (when you start clear liquids) take HALF the usual dose of your diabetes medications, including both oral medications and insulin
    - The morning of your procedure: DO NOT take ANY oral diabetes medications such as glipizide or pioglitazone. YOU CAN continue oral metformin.
    - PLEASE CHECK YOUR BLOOD SUGAR THE MORNING OF.
- **Diuretics/water pills**- Please HOLD on the day before your procedure and resume after your procedure, that same day.
  - These may be named: furosemide, hydrochlorothiazide, triamterene/HCTZ
- Others- PLEASE TAKE any thyroid, seizure, anti-anxiety, antipsychotic medications, and aspirin 81mg as normal.

WHAT TO BRING:

- Insurance card
- Photo ID
- Medication list
- Co-payment \*due at time of service, NO EXCEPTIONS
- **DRIVER- must be 18 years or older.** You MAY NOT use Uber, Lyft, Medride, or a taxi.

