

## COLONOSCOPY with SPLIT GoLytely PREP

Your Colonoscopy is scheduled for \_\_\_\_\_  
at \_\_\_\_\_ am/pm; \_\_\_\_\_ arrival with Dr. Jamidar/ Dr. Aslanian/ Dr. Farrell at the  
Yale Center for Advanced Endoscopy on Smilow 4.

**\*Please arrive 1 hour before you are scheduled.\***

### You will need:

A prescription for GoLytely Colon Prep which will be sent directly to your pharmacy.

### One WEEK Before Your Colonoscopy:

- \* Stay hydrated- try to drink at least 64oz. of non-caffeinated fluid each day.
- \* Avoid iron, aspirin, ibuprofen, Advil, Motrin and Aleve, Vitamin E and fiber supplements.
- \* Call us if you have **chronic constipation, kidney problems, heart or lung problems**. We may need recent tests from your heart or lung doctors or you may need to see the doctor before your procedure.
- \* Call us if you take **blood thinners** such as aspirin, Plavix or warfarin (Coumadin) or **diabetes medications**- these may need to be adjusted before your procedure.

### One DAY Before Your Colonoscopy:

1. Starting with breakfast, consume only clear liquids (NO SOLID FOOD).
2. Mix the entire GoLytely jug with 4 liters of clear liquid. Thoroughly shake the jug and refrigerate for later use.
3. At 5pm, begin to drink the GoLytely Solution. Try to drink 8 oz. every 15-20 minutes until you have consumed 64oz. (half of the 4 liter solution) over approximately 2-3 hrs.
4. Loose, watery bowel movements should start after about 1-1.5 hrs.
5. Continue to drink clear liquids until bedtime.
6. Please expect that you will be up at night having bowel movements, unfortunately there is no way to avoid.

### The DAY of Your Colonoscopy:

1. At 5am, drink the remaining 64oz of solution; you must finish before 6am.
2. From 6am until your Colonoscopy, you should have nothing by mouth including gum/candy or cigarettes. You may take regular PM and AM medications with a small sip of water (though blood thinners and diabetes medications may have to be adjusted).
3. Validated Parking is available at the Smilow Cancer Hospital Valet Service.

### AFTER your Colonoscopy:

1. A companion must drive you home, as the sedation affects your reflexes and judgments.
2. For the rest of the day, you should not operate any vehicle /heavy machinery or make important decisions due to the sedation. We recommend resting quietly.
3. If you have increased pain, rectal bleeding, tarry stools, vomiting blood, fever or chills please call Drs. Jamidar/ Aslanian/ Dr. Farrell immediately at 203-200-5083.



4. Remember to continue drinking liquids. Once you feel awake enough to swallow safely, try to drink at least 32 oz. of clear liquid in the 8 hours following your Colonoscopy.

#### **Examples of Acceptable Clear Liquids:**

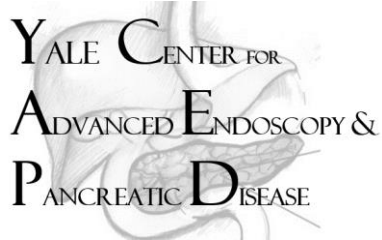
- \*Clear fruit juices without pulp such as apple juice.
- \*Coffee, tea (hot or cold-but without cream)
- \*Non carbonated drinks: Kool-Aid, Crystal Light, flavored water, Gatorade, Powerade, water
- \*Carbonated clear sodas: Sprite, ginger ale, seltzer (though these may make you feel bloated)
- \*Clear broth, bouillon, fat free consommé
- \*Fruit ices (without chunks of fruit), popsicles made from clear juices
- \*Jello (not red or purple), clear hard candy

#### **Hints to make your Prep/Colonoscopy most successful:**

- \*Try to remain close to a bathroom once you have begun your prep.
- \*Keep your Go Lytely Solution well-shaken and well-chilled.
- \*Keep plenty of clear liquids on hand to drink. Water gets boring and you need to stay hydrated.
- \*To reduce anal discomfort, use adult wet wipes or water spray to clean instead of toilet paper.
- \*A good prep will cleanse your bowels until your bowel movements are fairly formless, clear and watery- almost like urine- if this is not occurring and solid stool is still passing, let us know.
- \*A good prep will have you up at night still having bowel movements, this cannot be avoided. Please do not start or stop the prep early in an attempt to get more rest, this will likely result in a poor prep and the whole thing will have to be repeated.
- \*If your prep is not good enough, the colonoscopy and prep will have to be repeated.

***Following these instructions is very important; not doing so may result in delaying, rescheduling or canceling the procedure.***





  
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Drs. Jamidar, Aslanian & Farrell want you to have the best procedure experience possible.  
Please call with any questions, concerns or problems.  
M-F 8:30 am-4:30 pm at (203) 200-5083

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