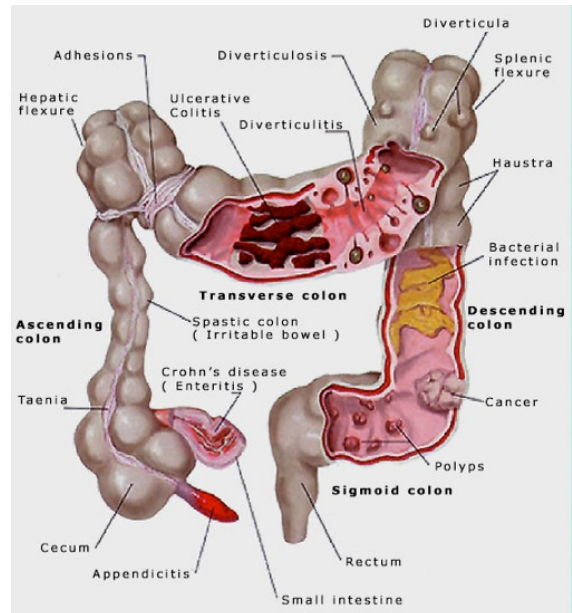


## **Colonoscopy With GoLytely Bowel Prep**

Colonoscopy is a test that looks for diseases of the large intestine. A tube is guided into your rectum and then into your large intestine, also called the colon.

Your doctor is able to see the inside of your colon. Your doctor may also:

- ❑ Collect cells
- ❑ Remove a small tissue sample called a biopsy
- ❑ Remove growths called polyps



An adult family member or friend needs to be available to take you home after the test. It is not safe for you to drive or leave the hospital alone. You may not remember what you are told due to the medication. If a biopsy was taken, those results will be discussed at a later date/appointment.

**Arrive on time for your test.** 1 week before the procedure, someone from the hospital will call you with the time of your admission. Plan for your hospital stay to be 2 – 3 hours. The test takes about 30 minutes.

### **To Prepare:**

**Call your insurance company; the number is on the back of your insurance card, to be sure they cover this procedure or if you need prior approval.**

- ❑ Do not use aspirin products or iron tablets for one week before the test.
- ❑ Clarify with your family doctor any special instructions if you have diabetes or are on a blood thinner. If you are diabetic, do not take medication (pills or insulin). We will check your blood sugar upon arrival. You will be early on the schedule.

- Notify family doctor if there is a possibility you could be pregnant.
- Pick up your GoLyteLy Prep (Your Dr. will send a prescription to your pharmacy)

You should have received a four page medical history form from your family doctor or had it mailed to you. If you have not received this form, please notify the outpatient surgery department. The form should be completed and returned at least 5 days before your procedure. The day of surgery, nursing staff will verify medications, allergies and any changes to your health history.

### The Day Before Your Test

- Do not** eat solid food or drink milk products.
- Do not** drink any red or purple liquids. **Drink clear liquids only**, such as:
  - Water
  - Clear broth or bouillon
  - Clear fruit juices without pulp such as apple, white grape and lemonade
  - Clear drinks such as lemon-lime soda, Kool-aid or sport drinks
  - Coffee or tea without milk or nondairy creamer
  - Jell-O gelatin, Popsicles, and/or Italian Ice
- Try** to drink a glass of fluid every hour while awake before starting your prep.
- At 6:00 PM**, begin the prep to clean out the bowel. Mix GoLyteLy according to the directions on the container.
  - Drink one 8 ounce glass of prepared GoLyteLy rapidly. Then one 8 ounce glass of GoLyteLy every ten minutes until ½ gone.
  - Continue to drink clear liquids.
- You may need** to get to the toilet right away. You will have a loose, watery bowel movement in about 1 hour. You will have bowel movements throughout the rest of the day. Your bowels are clean when there is only pale yellow fluid without formed

stool. Use an over the counter topical ointment if area around your rectum becomes inflamed and/or tender.

- After midnight, DO NOT** eat or drink anything except GoLytely, and **do not** smoke.
- At 2:00 AM**, finish drinking remaining GoLytely following the same instructions as above.

### **On the Day of the Test**

- Take heart, blood pressure and/or thyroid medications with a small sip of water.

### **During the Test**

- You will wear a hospital gown.
- An IV (intravenous) is put in a vein in your arm. Medicine to make you relaxed and sleepy is put into the IV, it will be administered in the procedure room.
- You will lie on your left side.
- The tube is slowly put into your rectum and through your colon. You may feel an urge to move your bowels.
- Breathe deeply and slowly through your mouth to help you relax.
- The colon is checked and then the tube is removed.

### **After the Test**

- Medicines given during the test will make you sleepy. You will need to have an adult family member or friend take you home for your safety.
- You may have gas and cramping after the test because of the air put in your colon. Walking and moving around may relieve this.
- You can return to your normal diet after the test unless other instructions are given.
- You may have a small amount of blood from the rectum. This is normal.

**If you have questions regarding the procedure, please feel free to call Franklin General Hospital Surgery (641) 456-5032 or Mason City Clinic 1(800) 622-1411 extension 5260.**