

# Go-Lytely Bowel Prep Instructions

## FOUR DAYS BEFORE THE PROCEDURE:

- Stop taking anti-inflammatory medicines such as Aleve, Motrin, Advil, Ibuprofen and Naprosyn.

## FOUR DAYS BEFORE THE PROCEDURE:

- Avoid eating nuts, seeds, popcorn, grapes, green peas, beans and tomatoes. Fibers from these foods can clog the colonoscopy.

## ONE DAY BEFORE THE PROCEDURE:

- Drink only clear liquids all day. Do not eat solid foods or milk products. Drink 8 ounces (oz.) of clear liquid every hour while awake. 8 oz. is equal to one measuring cup.
- **At 8:00 am** add water up to the fill line of the bowel prep jug. Mix well and place in refrigerator.
- **At 5:00 pm** start drinking your bowel prep.
  - **You will need to drink 8 oz. of prep solution every 10-15 minutes until HALF of the solution is finished.**
- Continue to drink other clear liquids. This will help the medicine to clean your bowels. The more clear liquids you drink, the better the medicine works.
- Stay close to a bathroom. Cleaning your colon causes diarrhea.

## DAY OF THE PROCEDURE:

- **5 hours before you leave home** begin drinking the other half of your bowel prep jug.
  - You may need to start in the middle of the night for an early morning procedure. Timing is essential.
  - **You will need to drink 8 oz. of prep solution every 10-15 minutes until the SECOND HALF of the solution is finished.**
- **2 hours before your scheduled procedure time nothing by mouth, no gum, candy, ice chips or tobacco.**

Rarely, some people throw up while taking the prep. If you throw up, stop taking the prep for 30-60 minutes, then try taking the prep again. If you are unable to finish the bowel prep, your colon may not be clean enough for your exam.

## CLEAR LIQUID DIET

Change to this diet ONE DAY before your Colonoscopy. You will return to your regular diet after the procedure. Approved clear liquids are:

- Water (plain, carbonated or flavored)
- Fruit juices without pulp, such as apple or white grape juice (not red or purple)
- Fruit flavored beverages, such as lemonade
- Carbonated drinks, including dark sodas (cola and root beer)
- Tea or coffee without milk or cream
- Sports drinks (not red or purple)
- Clear, fat-free broth
- Honey or sugar

## FREQUENTLY ASKED QUESTIONS:

- **Why Is It Important To Get Cleaned Inside?** Your doctor must be able to see in order to complete the colonoscopy exam. If your colon has too much stool on the inside, your doctor may not be able to see important things like polyps or cancer.
- **Is My Prep Working?** The bowel movement coming out should look like fluids you are drinking – yellow, light, liquid, and clear (like urine) without many particles.
- **What are the effects of the “bowel prep?”** You will have lots of diarrhea from the bowel prep. This will start anywhere from a few minutes to 3 hours after you start your prep. Many people have bloating, abdominal discomfort, and/or nausea. This is uncomfortable and almost always safe. Some people do not like the taste or smell of the medicine. Please do not let these get in the way of you finishing the medicine as directed.
- **My prep hasn't started working yet. What do I do?** Different people respond differently to the bowel prep. If you have waited more than 3 hours without a response, then it may not be working well. Be sure you are drinking enough fluid. If that doesn't work, drink the second part of your prep and continue to drink fluids. It should work eventually. Call the General Surgery Clinic at (907)235-3225 on the morning of your procedure if the medicine is still not working.

## GENERAL INFORMATION:

- The day before your procedure a member of the OR team will call you to review your medical history, pre-op instructions and to direct you what time you will need to arrive at SPH the day of your procedure
  - *Please note we are unable to provide specific surgical time slots prior to the day before*
- If you are taking any blood thinners, please be sure to talk to your doctor
- Please do not plan on working, driving or making any critical decisions the rest of the day after your procedure due to sedation given
- **You must arrange for a ride home from the hospital by a responsible adult. You may not use a taxi service**
- Please note, if biopsies are taken during your procedure, results will be available approximately 1-2 weeks after your procedure. You will be contacted by our office with those results.
- If you have questions or concerns please call:

South Peninsula Hospital General Surgery at (907)235-3225

or

South Peninsula Hospital Surgery Department at (907) 235-0260