



Birns, Gloger, Witten, Bhinder & Strongin, MD

Patient Name: _____

INSTRUCTIONS FOR COLONOSCOPY GOLYTELY PREP

Date: _____ Time of Procedure: _____

Arrival Time: _____ Doctor _____

Location: _____ **Urbana GI Endoscopy Center** – Phone # 240-436-6440
3280 Urbana Pike # 104 Ijamsville, MD 21754

_____ **GIEA** – Phone # 301-340-8099
15005 Shady Grove Rd # 200 Rockville, MD 20850

_____ **Shady Grove Hospital, Outpatient**–Phone # 240-826-7541
9901 Medical Center Dr. Rockville, MD 20850

You must have someone drive you home. If you plan to take a taxi home, you must have someone accompany you. You will be ready to be discharged about ½ to 1 hour after your procedure is complete.

You will receive a pre-op call prior to your procedure. If you do not, please call the office/center and make them aware.

Please leave all valuables and jewelry at home. Please avoid wearing perfume, cologne or lotions.

Please remember we require 72 hours' notice for cancellations or rescheduled appointments. If you fail to give 72 hours' notice you may be charged a cancellation fee.

ONE WEEK BEFORE THE PROCEDURE

You may take Tylenol as needed.

There are some medications to be held prior to your procedure.

- **Aspirin or Aspirin products** (including Excedrin) should be held for 1 week prior to the procedure. If prescribed by a physician, consult with that doctor first about your ability to safely hold these medications.
- **NSAIDS (Nonsteroidal Anti-Inflammatory Drugs)** such as Advil, Motrin, Aleve, etc. should be held for 3 days prior to your procedure.
- **Prescribed NSAIDS** (Voltaren, Relafen, Celebrex, Indocin, etc) should be discussed with your prescribing physician to see if you can safely hold for 3 days prior to your procedure.
- **Blood Thinners** (Coumadin, Plavix, Persantine, Pradaxa, Xarelto, Aggrenox, etc.) should be discussed with your prescribing physician to see they can be safely held and appropriate time to stop them.
- All diabetic patients taking **insulin/oral hypoglycemic medications** should contact your prescribing physician regarding holding these medications prior to your procedure.

You need to purchase the following products to take the day before your procedure:

1. 1 GOLYTELY Prep Kit (Prescription)
2. At least 32 ounces or more of Gatorade (we recommend drinking as much as you can)
3. *10 oz. bottle of Magnesium Citrate in case your bowels are not clear in the morning*

5 DAYS PRIOR TO THE PROCEDURE

Stop eating foods high in fiber including nuts, corn, popcorn, raw fruits/ vegetables and bran as well as taking fiber supplements. *Cooked fruits and vegetables are acceptable.*

DAY BEFORE THE PROCEDURE

You must be on a clear liquid diet the day before AND day of your procedure (NO SOLID FOOD).

DO NOT drink milk or milk shakes

DO NOT drink alcoholic beverages.

Any of the following clear liquids are acceptable:

- o Water
- o Strained fruit juices (without pulp) including apple, white grape or white cranberry
- o Limeade or lemonade
- o Coffee or tea (DO NOT use any dairy or non-dairy creamer)
- o Clear broth (beef, chicken or vegetable) with or without salt or pepper
- o Gatorade, PowerAde or vitamin water type products

This is the laxative dosing regimen you must follow starting the day before your procedure.

STEP 1	Mix GoLYTELY as directed on the container and refrigerate. You may add powdered drink mix to add flavor.
STEP 2 6:00 PM	**Begin Drinking the GoLYTELY solution 8 oz. every 15 minutes until you finish 1/2 of the mixture.
STEP 3 10:00 PM	**Drink the remaining 1/2 of the GoLYTELY solution 8 oz. every 15 minutes until you finish the remaining solution.
STEP 4	Drink 16 oz. of clear liquid of choice. This is necessary to ensure hydration. You may drink more if you wish. Continue drinking CLEAR LIQUIDS OF CHOICE UNTIL 4 HOURS PRIOR TO ARRIVING FOR YOUR PROCEDURE.
IMPORTANT TO NOTE	If your bowels contain semi-solid/stolid stools, drink the bottle of magnesium citrate 4 hours prior to your procedure.

****TIP:** You can rinse with mouthwash before and after drinking the GoLYTELY to help mask the taste. Also, the mixture in the refrigerator and drink with a straw for easier tolerance.

The purpose of this prep is to clean your colon. Your bowel movements should **NOT** be solid, cloudy/light colored watery stool is acceptable. **We recommend coating the rectal area with **VASELINE** to protect the skin from chaffing while prepping.

*****You must be totally fasting 4 hours before the procedure. This means you may have nothing to eat, drink, smoke, or chew 4 hours prior to the procedure.**

Time of Procedure	Nothing After	Time of Procedure	Nothing After
8:00 a.m.	4:00 a.m.	12:00 p.m.	8:00 a.m.
9:00 a.m.	5:00 a.m.	1:00 p.m.	9:00 a.m.
10:00 a.m.	6:00 a.m.	2:00 p.m.	10:00 a.m.
11:00 a.m.	7:00 a.m.	3:00 p.m.	11:00 a.m.

If any problems or questions arise, please call our office at 301-251-1244 or 301-810-5252 during normal business hours.