

Colonoscopy Preparation Instructions

GoLYTELY®, NuLYTELY® - 2 Day

No shows or cancellations with less than 72 hours' notice will result in a \$100 cancellation fee. This charge is not covered by insurance and will be an out-of-pocket expense.

IMPORTANT Good bowel preparation to clear the colon of stool often begins 7 days before your scheduled colonoscopy procedure. Preparing for a colonoscopy involves taking a laxative medication to clear your bowel of stool so your doctor can see your colon and look for any abnormalities. If your colon is not clear, your doctor may be unable to see abnormalities and the procedure may need to be repeated or cancelled and rescheduled. By the end of your bowel preparation your stool should be liquid and clear or yellow in color.

Today – Plan ahead

- ☐ Pick up your bowel prep prescription from your preferred pharmacy.
- ☐ Review medications that will need to be stopped or adjusted for your procedure. **You will receive a call from a nurse at the facility where your procedure is being performed with additional medication instructions.**
- ☐ Arrange for a responsible adult (18+ years of age) to remain at the facility during your procedure and drive you home. You will be drowsy from sedation making it unsafe for you to drive. Sedation can impair your reaction time, judgement, and alertness increasing the likelihood of accidents on the road and risk of harm to yourself and others. You may arrange for a taxi, ride share (Lyft®, Uber®, etc.), or medical transport only if another responsible adult is riding with you after your visit. Your procedure will be canceled if responsible transportation cannot be arranged.

1 Week Before

- ☐ Review items to purchase.
- ☐ **STOP** taking oral iron supplements, fiber, probiotics and over-the-counter vitamins.
- ☐ Review medications that will need to be temporarily **stopped or adjusted**. These include:
 - **Blood thinners** (such as Coumadin®, Eliquis®, Xarelto®, Pradaxa®, Effient®, Brilinta®)
 - **GLP-1 medications** (such as Ozempic®, Wegovy®, and Mounjaro®).
 - If you are on medication(s) to manage **diabetes**, your medication(s) may need to be adjusted.

Items to Purchase

- ☐ Prescription prep solution
- ☐ Prescription anti-nausea medication (if prescribed)
- ☐ Gas-X® (Simethicone) 125 mg, or generic equivalent
- ☐ Dulcolax® (Bisacodyl) 5 mg
- ☐ At least three (3) 28-ounce sports drink (Gatorade® or Powerade®) – no red
- ☐ Supplies for a clear liquid diet
- ☐ Optional items:
 - Desitin®
 - Personal cleansing wipes

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Examples of approved clear liquids

(No red dye)

- ✓ Water
- ✓ Sports drinks (Gatorade®, Powerade®)
- ✓ Black coffee or tea
- ✓ Soft drinks
- ✓ Clear broth (vegetable, beef, chicken)
- ✓ Gelatin (Jell-O®)
- ✓ Popsicles, Italian ice, sorbet
- ✓ Clear juice (apple, white grape, white cranberry)

3 Days Before

- ☐ STOP eating the following foods: raw fruits and vegetables, nuts, seeds, and corn.
- ☐ Drink one (1) 28-ounce sports drink (Gatorade® or Powerade®) today for the electrolytes.
- ☐ DO NOT consume alcohol today (this can cause severe dehydration and ill symptoms during bowel prep).

9:00 P.M. ☐ Take two (2) Dulcolax (Bisacodyl) 5 mg tablets with 16-ounces of water.

2 Days Before

Follow these instructions and NOT the instructions listed on the colon prep packaging.

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- TODAY ☐ **DO NOT eat any solid food today.** You may have clear liquids all day and night. **AVOID red colored liquids, dairy (milk, creamer), juice with pulp, liquids you cannot see through.**
- ☐ DO NOT consume alcohol or use marijuana/THC products today.
 - ☐ If prescribed, take anti-nausea medication as directed for best results.
 - ☐ Drink one (1) 28-ounce sports drink (Gatorade® or Powerade®) today for the electrolytes.
 - ☐ Mix your prep solution by filling the provided container to the fill line with lukewarm water and shake well. Add a flavor packet (no red dye), if desired, while mixing. Place in the refrigerator.
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- 6:00 P.M. ☐ Drink one (1) 8-ounce glass of your prep solution every 10-15 minutes until HALF of the container is gone. **This step must be completed by 8:00 P.M.** Discard the remaining half of your prep solution.

TIP: Some patients report drinking through a straw is easier. Prep can take effect within 20 minutes. If you experience chills or bloating, slow down and drink some warm, clear fluids.

Continue to hydrate with clear liquids to prevent dehydration.

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1 Day Before

Follow these instructions and **NOT** the instructions listed on the colon prep packaging.

TODAY	<ul style="list-style-type: none"><input type="checkbox"/> <u>DO NOT eat any solid food today.</u> You may have clear liquids all day and night. AVOID red colored liquids, dairy (milk, creamer), juice with pulp, liquids you cannot see through.<input type="checkbox"/> DO NOT consume alcohol or use marijuana/THC products today.<input type="checkbox"/> If prescribed, take anti-nausea medication as directed for best results.<input type="checkbox"/> Drink one (1) 28-ounce sports drink (Gatorade® or Powerade®) today for the electrolytes.<input type="checkbox"/> Mix your prep solution by filling the provided container to the fill line with lukewarm water and shake well. Add a flavor packet (no red dye), if desired, while mixing. Place in the refrigerator.
6:00 P.M.	<ul style="list-style-type: none"><input type="checkbox"/> Drink one (1) 8-ounce glass of your prep solution every 10-15 minutes until HALF of the container is gone. This step must be completed by 8:00 P.M. Store the remaining half of your prep solution in the refrigerator.<input type="checkbox"/> Continue to hydrate with clear liquids to prevent dehydration.

The Day Of

Follow these instructions and **NOT** the instructions listed on the colon prep packaging.

MORNING	<ul style="list-style-type: none"><input type="checkbox"/> DO NOT consume alcohol or use marijuana/THC products today. These products interact with anesthesia and prevents you from signing consent. Your procedure will be cancelled.<input type="checkbox"/> If you take a diuretic/water pill, DO NOT take it this morning.
6 hours before arrival time	<ul style="list-style-type: none"><input type="checkbox"/> Drink one (1) 8-ounce glass of your prep solution every 10-15 minutes until the solution is gone. This step must be completed 4 hours before your arrival time.
4 hours before arrival time	<ul style="list-style-type: none"><input type="checkbox"/> Take one (1) Gas-X® (Simethicone) tablet with a SMALL sip of water.<input type="checkbox"/> <u>DO NOT take anything else by mouth. This includes food, water, drinks, gum, candy, lozenges, smoking, and vaping.</u>
What to bring with you	<ul style="list-style-type: none"><input type="checkbox"/> Bring the following with you to your procedure location:<ul style="list-style-type: none">○ Responsible adult (18+ years of age) to accompany you and drive you home.○ A list of all medications you are taking, including over the counter medications in supplements.○ Your insurance card.○ A photo ID.

By the end of your bowel preparation your stool should be liquid and clear or yellow in color.

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For questions contact us at 513 853 3636 or visit <https://www.trihealth.com/institutes-and-services/gastroenterology/patient-information> On weekends and after 4 PM on weekdays, call our afterhours number at 513 853 9250.

Endoscopy Locations

Anderson Surgery Center

7810 Five Mile Road
Building C
Cincinnati, OH 45230
513 977 9700

Bethesda Butler Hospital

3145 Hamilton Mason Road
Hamilton, OH 45011
513 894 8888

Bethesda North Hospital

10500 Montgomery Road
Cincinnati, OH 45242
513 865 1111

**Good Samaritan Endoscopy
Center North**

10600 Montgomery Road
Suite 101
Cincinnati, OH 45242
513 794 5680

Good Samaritan Hospital

375 Dixmyth Avenue
Cincinnati, OH 45220
513 862 1400

**Good Samaritan Surgery
Center West**

3660 Edgewood Drive
Monfort Heights, OH 45211
513 591 6219

**McCullough-Hyde
Memorial Hospital**

110 N. Poplar Street
Oxford, OH 45056
513 523 2111