



Bowel Prep Instructions Bisacodyl/GoLyteLy Split Dose for Colonoscopy - Questions? Call 907-729-4444

YOUR PROCEDURE IS SCHEDULED FOR

Date: _____ Time: _____

Mon Tue Wed Thu Fri

- Check-in at the Ambulatory Surgery Center located at 3801 University Lake Drive, 1st floor.** Expect to spend 2-4 hours in the Endoscopy department.
- Check-in to ANMC Day Surgery, located at 4315 Diplomacy Drive, 2nd floor of the main hospital for your procedure.** Expect to spend 2-4 hours in the Endoscopy department.

QUESTIONS? Call 907-729-4444 to speak with a Colorectal Screening Clinic staff member. They are there to help you!

REMINDER!

No Driving Permitted after your procedure. You MUST have a responsible escort of at least 18 years old who can take you home AND stay with you for 24 hours after your procedure.

After your procedure: It is normal to feel bloating or mild abdominal cramping. Passing gas will help you feel better. If you have a fever or chills, significant bleeding or severe abdominal pain, contact us at 907-729-4444. If a biopsy was done or polyps were removed, results usually take at least 2 weeks to obtain but sometimes can take longer.

IF ADVISED, it is OK to take medications with a small sip of water. No blood thinners, aspirin, or ibuprofen.

TIPS FOR PROPER HYDRATION

Prevent fluid loss and dehydration by drinking clear liquids before, during, and after taking the GoLyteLy solution.

It is important for you to drink the additional 16 oz. of clear liquids after Dose 1 and Dose 2 to ensure the most effective cleansing without becoming dehydrated.

WHAT IS A COLONOSCOPY?

A colonoscopy is a procedure to examine your colon (large intestine). A camera (endoscope) is inserted into your rectum and into your colon.

It is very important to clean out your colon so that the provider can clearly see your colon to identify any polyps (tissue growths), inflammation and/or areas of bleeding.

YOU MUST COMPLETE THE ENTIRE PREP TO ENSURE THE MOST EFFECTIVE COLONOSCOPY.

1

Date: _____ Time: _____

At Least 5 days before the procedure:

1. Stop iron supplementation (if taking)
2. Discuss with providers if any blood thinners should be stopped until after the procedure.
3. Start a low fiber diet.

2

Date: _____ Time: _____

At least 1 day before your procedure or the Friday before a Monday procedure:

1. Call Central Registration at 907-729-1395 to pre-register for your procedure.
2. Go to Pharmacy to pick up your bowel preparation medication.
3. Between 5:30pm-7:00pm, call Day Surgery at 907-729-1150 to find out procedure check-in time.

3

Date: _____

Time: _____

1 DAY BEFORE THE PROCEDURE: START THE CLEAR LIQUID DIET.**Clear liquids you CAN eat/drink are:**

- ✓ Water, sparkling water, clear flavored water
- ✓ Black coffee or tea with sugar or honey
NO MILK or CREAMER
- ✓ Chicken, beef, or vegetable BROTH ONLY!
(No pieces of meat, eggs or noodles in broth)
- ✓ Jell-O or popsicles (NO RED)
- ✓ Clear fruit juices, no pulp apple or white grape
- ✓ Cranberry juice is okay with NO PULP
- ✓ 7-up, Sprite, Gatorade, Crystal Light, ginger-ale, or lemonade (NO RED)

**NO SOLID FOODS!****Do not eat or drink these foods:**

- ✗ No nuts or seeds
- ✗ No alcoholic beverages
- ✗ No ice cream or smoothies
- ✗ No foods like milk or cream
- ✗ No breads, meats, eggs, or dairy
- ✗ No soy milk, almond milk or rice milk
- ✗ No juices that are red/orange or have pulp like orange, grapefruit, or tomato juice

**4**

Date: _____

Time: _____

DOSE ONE! 1 DAY BEFORE THE PROCEDURE: GoLytey Instructions**Step 1: At 4:00pm****Take the 4 bisacodyl (Dulcolax) tablets.****Step 2: At 5:00pm Mix GoLytey according to the instructions on the container.**

- Drink two-thirds (2/3) of the GoLytey container.
- Recommend 1 cup every 15 minutes.
- Save one-third (1/3) for the next morning.
 - It is OK to add flavor (NO RED COLOR) to the GoLytey (such as Crystal Light)
 - It is OK to drink the prep over ice or refrigerate it and use a straw.
 - It is OK to drink some prep and then drink some juice to help with the taste.

- Continue to drink a lot of CLEAR liquids until midnight. The more clear liquids you drink, the better the prep will be.

Step 3: Stop clear liquids.

- At midnight stop drinking clear liquids.
 - Nothing to eat
 - Nothing to drink
 - Nothing to smoke
 - No chewing tobacco

TIP: Using baby wipes and/or Tucks® medicated pads may help with anal soreness during bowel preparation.

YOU MUST COMPLETE THE ENTIRE PREP TO ENSURE THE MOST EFFECTIVE COLONOSCOPY.**5**

Date: _____

Time: _____

DOSE TWO! NO FOOD OR LIQUID!! Except for the GoLytey Solution.**ON THE DAY OF YOUR PROCEDURE:****What time is your check in?**

- 12:00pm or earlier, drink the remaining one-third (1/3) of the bowel prep beginning at 5:00am, finish it by 6:00am.
- 1:00pm or later, drink the remaining one-third (1/3) of the bowel prep beginning at 10:00am, finish it by 11:00am.

Step 1: Drink the second dose at _____.

- Finish the remaining one-third (1/3) of the GoLytey container.
- Recommend 1 cup every 15 minutes.
- Congratulations! You are done with the prep!