

Scottsdale Gastroenterology Associates

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Colonoscopy Colyte®, Nulytely®, Golytely®, Trilyte Moviprep Preparation

PREPARATION BEGINS BEFORE YOUR SCHEDULED APPOINTMENT

YOU WILL NEED TO BUY:

- PEG-Electrolyte Solution (Colyte, TriLyte, Nulytely, Moviprep, Golytely) by prescription
- Items from the clear liquid diet list on the next page such as Jell-O, broth and clear juices or drinks.
- Crystal Light Lemonade mix (2 tins) if desired for flavoring or you can use the supplied flavor packets which usually come with the prep
- Desitin cream may help if the rectal area becomes irritated by frequent stools during your preparation

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DIET INSTRUCTIONS:

Some foods make it more difficult to clean the colon well. Avoid large amounts of nuts or seeds, including flax seed, or lettuce salads 2-3 days before your procedure. Also avoid fat free Pringles or Frito-Lay Light snacks one week prior to your appointment. These foods contain Olestra, a fat

substitute that can leave a thick film in the colon.

The day before your appointment you must be on a clear liquid diet all day long. Clear liquids are any liquid that you can see through. Avoid any red liquids or foods or alcoholic beverages.

CLEAR LIQUIDS INCLUDE:

- Water
- Clear fruit juices such as apple or white grape
- Bouillon or clear broth
- Jell-O without fruit added - no red flavors
- Hard candy
- Coffee and tea without milk or creamer
- Popsicles - no red flavors
- Gatorade®, Powerade®, or Propel®- no red flavors
- Carbonated beverages such as Coke, 7-Up, Mountain Dew, etc.

THE DAY BEFORE THE PROCEDURE:

Beginning the day before your scheduled appointment, consume only clear liquids in place of solid food the entire day. Late in the morning of the day prior to your procedure, add water to the gallon container of prescription laxative to make a full gallon. Store the liquid in the refrigerator until you are ready to begin.

If you like Use 2 tins of Crystal Light lemonade drink mix instead of the included flavor pack for a better taste.

Finish a clear liquid lunch by 1:00 pm. Then have nothing to eat or drink until you begin the laxative solution at 5:00 pm.

AT 5PM: Begin drinking the laxative solution A good pace is to drink 8 ounces every 10 to 15 minutes until the solution is **half** gone. Drink only the laxative solution during this time. Do not drink extra fluids or add ice to the solution.

Tip: Use hard candy between glasses to help the aftertaste. Drinking the solution through a straw reduces the unpleasant taste.

Drink no additional fluids for two hours after you finish drinking the solution. After two hours, you may drink clear liquids.

5 to 6 HOURS BEFORE YOUR SCHEDULED PROCEDURE TIME:

Drink the second half-drink the remaining laxative solution 8 ounces every 15 minutes until gone. The correct timing of this dose is essential to an effective preparation. The quality of the preparation has a profound impact on how well the physician is able to detect small lesions in the colon. If you must travel an hour or longer to reach our facility, you should begin this step of your preparation at least 6 hours before your procedure but not greater than 7 hours before.

Once you have completed your prep solution have nothing by mouth until after your procedure except medications with a sip of water. Take your blood pressure, heart, seizure or lung medications early in the morning with no more than 1/2 cup of water.

If you take:

Iron : stop 1 week before.

NSAIDS:(Motrin,Ibuprofen,Advil,Aleve,Salsalate,Diclofenc)
stop 1 week before.

Warfarin(Coumadin) or Heparin-You will need to stop Warfarin 5 days before your colonoscopy, however you must check with your pcp/prescribing physician before stopping this medication in case alternate medication needs to be used.

Clopidogrel(Plavix),Pradaxa(Dabigatran) or Ticagrelor ,Aggrenox (aspirin/dypridamole)-you will need to stop these 5 days prior to the colonoscopy. However, you must check with your pcp/prescribing physician before stopping this.

Diabetics:

It is important to follow the clear liquid diet. This means no solids of any kind. You SHOULD take beverages with sugar as you will not be eating. Avoid sugar free beverages while on this prep.

For patients on oral medication: check your blood sugars 3x daily(7am,3pm and bedtime)

- a) if you are on glypizide or glyburide continue these during your bowel prep but HOLD the day of the exam
- b) if you are on metformin continue this during the prep and you can TAKE on the day of the exam

For patients on insulin:

Check your blood sugars 4x daily:7am,12 pm,5pm and bedtime

- a) if you take Aspart(Novalog) or regular insulin you will hold this while taking your bowel prep and restart after the procedure
- b)If you are on NPH(Novalin),Lantus or Glargine insulins, check your blood sugar prior to taking your insulin

if your blood sugars are below 150, hold your insulin dose
if your blood sugars are above 150, take $\frac{1}{2}$ your usual dose