

Getting Ready for Your Colonoscopy



GoLYTLEY – Bowel Prep Instructions

THE PATIENT. ABOVE ALL ELSE.®



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Colonoscopy Defined

A colonoscopy is a procedure that allows a doctor to examine the inside of your lower digestive tract, also known as your colon and rectum. The procedure uses a colonoscope, a long, flexible tube with a light and camera at the end. During the procedure, your doctor will be able to find and remove any precancerous polyps and early colon cancers.

The day before the test you will do a bowel prep to empty and clean your colon. The bowel prep includes a strong laxative and liquid diet. Following the bowel prep directions is essential. Proper preparation is what makes it possible for your doctor to detect polyps and other abnormalities during the colonoscopy.

Important: Make sure you carefully follow the bowel prep instructions. If you do not, and your bowel is not clean when you arrive for your colonoscopy, your procedure will be rescheduled. This is to avoid giving you an incomplete or poor examination.

Locations

Your colonoscopy can be scheduled at one of the following locations:



St. Luke's Building A

Surgical & Procedural Care
1015 E 1st Street
Duluth, MN 55805



Fairview Range Medical Center

Outpatient Surgery Center
750 E 34th Street
Hibbing, MN 55746



St. Luke's Medical Office Pavilion

Outpatient Surgery Center
920 E 1st Street
Duluth, MN 55805



Lake View Hospital

Outpatient Surgery Center
325 11th Avenue
Two Harbors, MN 55616



St. Luke's Mariner Medical Clinic

Outpatient Surgery Center
109 N 28th Street E
Superior, WI 54880



Northern Lakes Surgery Center

4791 County Road 10
Moose Lake, MN 55767



Memorial Medical Center

1615 Maple Lane
Ashland, WI 54806

Questions?

Call **218.249.7940**.

If you have **myCare Patient Portal**,
you can message your provider.

Making Arrangements

Make transportation arrangements

You should not drive a car, operate machinery, or make legal decisions the day of your procedure. Arrange for an adult friend or family member, or a medical transport service to drive you home after your colonoscopy, as you will be drowsy from sedation and it is unsafe to drive. The staff must be able to contact whomever will accompany you. If this person cannot be confirmed prior to the procedure, your procedure will be rescheduled for your safety.

Talk to your primary care provider

Discuss the medications you're taking and any health conditions you have with your primary care provider. They will provide instructions for how to appropriately adjust your medications prior to your procedure.

Instructions may include the following:

- Stop medications that are used to stop diarrhea (i.e., Imodium, Kaopectate) or that contain iron 7 days prior to your procedure. For a list of other medications and supplements you should avoid, visit slhduluth.com/AntiInflammatory.
- You will need to temporarily discontinue blood thinners prior to your procedure. The length of time to stop your medication depends on the drug you are taking. Please consult your prescribing doctor. For a list of blood thinner medications, visit slhduluth.com/BloodThinners.
- If you are diabetic, your medications may need to be adjusted. Please consult your prescribing doctor. For a list of diabetic medications, visit slhduluth.com/DiabeticMeds.
- The morning of your procedure, you may take your usual medications (besides Lisinopril) with a small amount of water at least 3 hours prior to your procedure.
- Stop taking NSAIDS, including Advil, aspirin, Motrin and Aleve. If you have a history of heart disease, stents or stroke, do not stop your aspirin or Plavix.



What To Expect During Your Bowel Prep

During your bowel prep, you can expect the following:

- **Significant diarrhea**

This means the medication is properly clearing stool from your colon. Plan to be near a bathroom while drinking the mixture.

- **Mild bloating and cramps**

Most people experience this. Drinking the mixture more slowly and over a longer period of time can help alleviate these symptoms.

- **Tea-colored, liquid stools**

A successful colon prep will cause you to have yellow or tea-colored liquid stools. Finish your preparation regardless of your stool color.

Preparing For Your Colonoscopy

You will receive one 4-liter container with powdered bowel preparation. You will start preparing for your colonoscopy one week out. Follow these instructions:

1 WEEK BEFORE: Medications.

Date: ____ / ____ / ____

Get your bowel prep prescription.

During your preoperative phone call 1 week prior to your colonoscopy, make sure you ask for a prescription.

Stop taking NSAIDS.

Discontinue all NSAIDS, including Advil, aspirin, Motrin and Aleve. If you have a history of heart disease, stents or stroke, do not stop your aspirin or Plavix.

5 DAYS BEFORE: Eat a low-fiber diet.

Date: ____ / ____ / ____

A low-fiber diet limits high-fiber foods.

High-fiber foods to avoid:

- Whole grain breads, oatmeal, cereals, granola
- Nuts, seeds, raw/dried vegetables or fruit (NO salads)
- Beverages with pulp
- Nutritional supplements that contain fiber
- Peppers (green, red, yellow, etc.)
- Beans
- Corn and popcorn

Low-fiber foods you may eat:

- Cream of wheat, grits, white rice, refined noodles
- Cooked or canned vegetables without seeds (i.e., asparagus, beets, carrots, green beans, mushrooms and potatoes without skin)
- Avocado, bananas, soft cantaloupe, honeydew
- Beef, chicken, eggs, fish, pork, tofu
- Butter, margarine, oils, smooth sauces and dressings
- Cakes, cookies, pudding, ice cream (without nuts or seeds)
- Hard candy
- Popsicles
- Yogurt and cheese

For a comprehensive list of low-fiber foods, visit slhduluth.com/LowFiberDietInstructions.

Preparing For Your Colonoscopy

2 NIGHTS BEFORE: Prepare the GoLYTELY mixture.

Date: ____ / ____ / ____

Fill the GoLYTLEY bottle with water to the indicated line on the side of the bottle. Shake vigorously and refrigerate overnight.

1 DAY BEFORE: Eat a clear liquid diet and drink half of the GoLYTELY mixture.

Date: ____ / ____ / ____

A clear liquid diet consists only of liquids that you would be able to read a newspaper through. Liquids cannot be red or purple, as these colors may mimic blood in the colon.

A clear liquid diet includes:

- Water
- Clear fruit juices without pulp (i.e., apple, white grape, white cranberry, lemonade)
- Clear carbonated and non-carbonated soft drinks or sports drinks (not purple or red)
- Store-bought and 99% fat-free broth (chicken, beef, vegetable or bone broth)
- Popsicles (not purple or red)
- Gelatin (Jell-O) (not purple or red)
- Coffee or tea (without milk or cream)
- Ensure Clear Therapeutic Nutrition

Between 3 pm and 6 pm the day before your colonoscopy, drink half of the GoLYTELY mixture (2 liters).

Shake vigorously and drink one 8-ounce glass every 20 minutes until half of the mixture is gone. If you are able, walk around while drinking the mixture.



Be sure to stay hydrated, drinking at least 12 additional glasses (8 ounces each) of clear liquids throughout the day to prevent dehydration.



For a full list of clear liquids, visit slhduluth.com/LiquidDiet.

Preparing For Your Colonoscopy

6 – 8 HOURS BEFORE: Finish the GoLYTLEY mixture.

Time: ___ : ___ am / pm

Six to 8 hours before your procedure check-in time, drink until you have finished the second half of the bottle (2 liters), one 8-ounce glass every 20 minutes.



3 HOURS BEFORE: Stop your clear liquid diet. You cannot eat or drink anything.

Time: ___ : ___ am / pm

You should not have anything to eat or drink 3 hours before your colonoscopy.

... What To Expect During and After Your Procedure ...

During the procedure

A colonoscopy is performed in a hospital or surgical center. Before the procedure starts, you will be given anesthesia or medication through an IV to make you comfortable. Then, your doctor will gently insert the colonoscope into the rectum and guide it through the entire colon. Your doctor will take pictures and remove polyps along the way. The polyps will be sent to the lab for further testing. If a polyp cannot be removed, a sample may be taken. This is called a biopsy. A colonoscopy usually takes 15 to 30 minutes to complete. Risks of colonoscopy include bleeding, infection and perforation. However, complications occur in only 1 out of 1,000 colonoscopies.

After your colonoscopy

After your procedure, you will spend time in our post-procedure unit where our nursing staff will monitor you. Once it is safe for you to leave, your driver will escort you home. You will receive a printed copy of your colonoscopy results for your own records. Once home, you may resume your normal diet and medications, unless otherwise instructed.

Questions?

Call **218.249.7940**. If you have **myCare Patient Portal**, you can message your provider.