

Eduards G. Ziedins, M.D., F.A.C.S.

Email: CVMC.ENT.GenSurg@uvmhealth.org

Sarah J. Lomas, M.D., F.A.C.S.

Phone: (802) 225-7075 Fax: (802) 225-7104

COLONOSCOPY PREPERATION INSTRUCTIONS

Golytely Prep

ONE WEEK prior to your procedure:

- **OBTAIN** the prescription bowel prep (Golytely® or equivalent).
- **ARRANGE** for someone to drive you home on your procedure day (about 2 ½ - 3 hours after your arrival time).
- **AVOID** eating high fiber foods and foods containing many seeds.

The **DAY BEFORE** your procedure:

- **Start a clear liquid diet.** You may have a low fiber light breakfast and then begin clear liquids ONLY. No eating solid foods, seeds, nuts, or dairy products. (See the attached sheet for examples of a clear liquid diet.)
- Pour all the packets of the prescription bowel prep (Golytely®) into a one gallon container. Add enough tap water to make one gallon. A well-rinsed gallon milk container works well. Refrigerate.
- **At around 6 pm**, begin drinking the prescription bowel preparation (Golytely®). The goal is to drink 8 ounces every 15 minutes, approximately one quart per hour.
- **Drink half the gallon (2 quarts)**, and continue to drink additional clear liquids as much as possible.
- **Refrigerate the remaining half of bowel prep for use in the morning.**
- Continue to hydrate with clear liquids

Eduards G. Ziedins, M.D., F.A.C.S.

Email: CVMC.ENT.GenSurg@uvmhealth.org

Sarah J. Lomas, M.D., F.A.C.S.

Phone: (802) 225-7075 Fax: (802) 225-7104

COLONOSCOPY PREPERATION INSTRUCTIONS

Golytely Prep

The **DAY** of your procedure:

- **5 HOURS PRIOR** to your scheduled procedure time, **begin drinking** the remaining portion of the Golytely® at the same rate as before (approximately 8 ounces every 15 minutes: ~ 2 hours). **Nothing to eat or drink by mouth 3 hours before your procedure.**
- It is important to **drink ALL** of the Golytely®, even if your stools appear clear. Continue to drink clear liquids as much as possible. If the stool consistency is not a clear liquid or similar to the color of urine, please tell your doctor or nurse upon arrival to the endoscopy unit.
- You may take your morning medications with small sips of water.
- Do not forget, you will need a driver to take you home after your procedure. A taxi driver or other public transportation is not acceptable. The procedure will not be performed without a safe ride home.
- It is okay to have clear liquids up until 3 hours before your scheduled procedure. No solid foods. **Failure to observe this rule will result in cancellation of the procedure.**
- Please arrive **at least 1 hour** prior to your procedure time to check in at Outpatient Registration in the main lobby of CVMC. Leave any jewelry and valuables you might have at home.

Central Vermont Medical Center

Eduards G. Ziedins, M.D., F.A.C.S.

Email: CVMC.ENT.GenSurg@uvmhealth.org

Sarah J. Lomas, M.D., F.A.C.S.

Phone: (802) 225-7075 Fax: (802) 225-7104

COLONOSCOPY PREPERATION INSTRUCTIONS

- Estimated time of stay after registration is approximately 2-3 hours.
Your driver must pick you up from the Same Day Surgery waiting area. You are not permitted to walk unaccompanied to meet your ride at the front of the hospital.

Central Vermont Medical Center

Eduards G. Ziedins, M.D., F.A.C.S.

Email: CVMC.ENT.GenSurg@uvmhealth.org

Sarah J. Lomas, M.D., F.A.C.S.

Phone: (802) 225-7075 Fax: (802) 225-7104

COLONOSCOPY PREPERATION INSTRUCTIONS

What is a Colonoscopy?



A colonoscopy is an examination of the colon (large intestine) using a specialized video camera called an endoscope. This instrument is inserted into the anus and advanced up your large intestine to where it meets the small intestine. It shows images of the lining of the large intestine. Tissue samples (biopsies) can be taken during the test.

How to prepare for the test:

- Please see the instruction sheets that you were provided to you.
- You may need to consume a 2-day clear liquid diet (see below).
- This is the hardest part of the process. Keep motivated.

How will the test feel?

Colonoscopy is generally well-tolerated and rarely causes much pain. You may feel pressure, bloating or cramping during the procedure. Medications will be given to help you relax and better tolerate any discomfort.

Why the test is performed:

The test can help diagnose and potentially treat:

- Early signs of cancer in the colon and rectum, specifically remove these abnormal growths called polyps;
- Causes of unexplained changes in bowl habits;
- Causes of inflamed tissue, abnormal growths, ulcers and bleeding.

Central Vermont Medical Center

Eduards G. Ziedins, M.D., F.A.C.S.

Email: CVMC.ENT.GenSurg@uvmhealth.org

Sarah J. Lomas, M.D., F.A.C.S.

Phone: (802) 225-7075 Fax: (802) 225-7104

COLONOSCOPY PREPERATION INSTRUCTIONS

What is a Colonoscopy?

The procedure:

Please arrive ONE HOUR prior to your scheduled procedure time.

When you arrive at CVMC Same Day Surgery please:

- Tell the nurse about any drug allergies, medications you take regularly and any health problems (such as heart, breathing, sugar or bleeding problems).
- You will change into a hospital gown and an intravenous (IV) line will be inserted into a vein in your arm. The IV will allow you to receive medications and fluids for the procedure.

You will be taken to a procedure room where you will:

- Receive medications through the IV, a combination of a sedative (relaxing) and narcotic (pain reliever).
- Be instructed to lie on your left side.

The physician will insert an endoscope into you rectum and slowly guide it through you colon.

The scope transmits an image of the inside of the colon, so the physician can carefully examine the lining of the colon. You may be asked to change position occasionally to help the physician move the scope. The scope also blows air into your colon, which inflates the colon and helps the physician see the walls of the colon.

Colonoscopy takes 15 to 60 minutes. The sedative and pain medicine should keep you from feeling much discomfort during the exam. The entire process, from the time you arrive to when you leave, is estimated at two to three hours.

- **You will NOT be permitted to drive yourself home secondary to the sedative effects of the medication given for the exam. Bring someone to drive you home. A taxi driver or other public transportation is not acceptable.**

CVMC General Surgery

Medical Office Building A, Suite 3-1, 130 Fisher Road, Berlin, VT 05602 | (802) 225-7000 | UVMHealth.org/CVMC

Central Vermont Medical Center

Eduards G. Ziedins, M.D., F.A.C.S.

Email: CVMC.ENT.GenSurg@uvmhealth.org

Sarah J. Lomas, M.D., F.A.C.S.

Phone: (802) 225-7075 Fax: (802) 225-7104

COLONOSCOPY PREPERATION INSTRUCTIONS

What is a Colonoscopy?

Risks

Bleeding and puncture of the colon (perforations) are possible complications of a colonoscopy. Some patients may have a reaction to the sedatives. However, such complications are uncommon.

After the procedure

If any of these symptoms occur after the test, please contact our office at 802-225-7075:

- Severe abdominal pain,
- Fever or chills,
- Rectal bleeding of more than one-half cup.

If biopsies were taken, results will be called or mailed to you within 1 to 2 weeks.

Central Vermont Medical Center

Eduards G. Ziedins, M.D., F.A.C.S.

Email: CVMC.ENT.GenSurg@uvmhealth.org

Sarah J. Lomas, M.D., F.A.C.S.

Phone: (802) 225-7075 Fax: (802) 225-7104

COLONOSCOPY PREPERATION INSTRUCTIONS

Frequently Asked Questions



1. I'm nauseated, what do I do?
 - Many people will have nausea and even vomit during preparation for the colonoscopy due to the poor taste of Golytely (or equivalent) and/or the large volume required to clean the bowels. The taste can be 'improved' by adding the accompanying flavor packets or mixing the prep with Crystal Light flavoring. The volume of the preparation cannot be reduced. If you do have severe nausea or vomit, do not drink any prep for approximately 30 minutes, then resume at the usual rate. Often times, this will provide enough time for the stomach to empty and permit you to finish. Keep at it. It's tough, but you can do it.
2. Stool is clear, can I stop now?
 - No. The intestines are >25 feet long. We are attempting to clean out the colon, which means it is necessary to flush out everything above the colon (stomach and small intestine). It is common to have material in the lower intestine or colon flush through initially, and hours later the material from the upper intestine is cleared. In addition, as you sleep material accumulates, cells slough off the surface and thick mucus produced which needs to be cleared in the morning to ensure an adequate prep. **If the colon is not completely cleaned, the procedure may be cancelled and rescheduled**, so it's important to take the entire prep.
3. Nothing is happening, what now?
 - Keep going. In some people, the action of the prep can be delayed (even for several hours). Just keep drinking. Eventually, the preparation will begin working.
4. Can I take my daily aspirin?
 - Yes, if your doctor has prescribed daily aspirin, you may take it without concern. Aspirin is not a restricted medication.

Central Vermont Medical Center

Eduards G. Ziedins, M.D., F.A.C.S.

Email: CVMC.ENT.GenSurg@uvmhealth.org

Sarah J. Lomas, M.D., F.A.C.S.

Phone: (802) 225-7075 Fax: (802) 225-7104

COLONOSCOPY PREPERATION INSTRUCTIONS

Example of Clear Liquid Diet

Beverages

- Apple juice
- Cranberry juice
- White grape juice
- Kool-Aid
- Sports Drinks – Gatorade, Powerade, etc.
- Water
- Tea, black coffee (NO CREAM, MILK or non-Dairy Creamer)
- Clear soda, such as 7-Up, lemon-lime or ginger ale
- Other juices without pulp

Soups (Clear broth or bouillon)

Popsicles (No added fruit, etc.)

Hard Candies (No chocolate or caramels)

Plain Jell-O (No added fruit, etc)