

Lafayette Gastroenterology
5 Executive Drive, Suite B-1, Lafayette IN 47905
765-807-0531

Colonoscopy is a procedure to examine the colon. A small flexible tube with light and miniature camera is inserted into your rectum. Medication is given by I. V. to keep you comfortable during your exam. The risks include but are not limited to pain, bleeding, infection, medication reactions (irregular heart rhythm or breathing difficulties), bowel perforation, need for blood transfusion, surgery or repeat colonoscopy, ICU stay and even rarely death.

Purchase:

Golytely or Nulytely (1 gallon) - prescription

Magnesium citrate (300 ml bottle) – over the counter (Do not buy this, if you have kidney problems)

Preparation

1. You will need to **stop aspirin** and **Anti-inflammatories** for seven (7) days before your exam. These medications include Advil, Alka-Seltzer, Anacin, aleeve, BC powder, Bufferin, Ecotrin, Excedrin, Ibuprofen, Feldene, Midol, Motrin, and Naprosyn. Check with your doctor if you have any questions about medications.
2. You will need to **stop iron or ferrous sulfate, herbal medications, metamucil** for seven (7) days before your exam.
3. **Stop** taking **Coumadin (Warfarin)** for five (5) days before your exam. Please get an okay from your primary care doctor to stop coumadin for the test. If you have an artificial heart valve, contact your doctor.
4. **Stop** taking **Plavix (Clopidogrel)** for five (5) days before your exam.
5. Medications **allowed** the morning of your procedure with a small sip or water or 7-up include:
 - Blood Pressure medication.
 - Heart medication.
 - Breathing medication.
6. Medications to **avoid**: (check with primary physician)
Insulin or diabetic medication on the morning of your exam.

FAILURE TO HAVE A DRIVER WILL RESULT IN CANCELLATION OF EXAM. If colon is not totally cleaned out, the procedure will have to be repeated.

Take 1 bottle of magnesium citrate (300 ml) on _____ at 5 PM (2 nights before procedure) - *Do not take this, if you have kidney problems.*

- Fill Golytely jug with water to fill-line.
- May add Crystal Light (lemon flavor) **or** use the Nulytely flavor pack.
- Shake well. Refrigerate the golytely jug overnight.

Clear Liquid Diet _____

No Solid Food or Milk Products all day

Water

7-Up or Sprite type

Chicken Broth or Beef Bouillon (No noodle soups)

Clear Gatorade

Plain coffee or tea (no cream or milk or Coffemate)

Jell-O (White grape or Lemon), *with no fruits in them*

Apple or White grape juice

Kool-Aid, Snowball, strained fruit juices (no pulp)

AVOID ALL RED, PURPLE, OR ORANGE COLORING

Start drinking golytely at 5:00 p.m. and complete entire jug in 3 hours. (You may start as early as 1 pm). If you develop nausea and vomiting, please stop drinking golytely prep for 1 hour. Then, resume the prep to complete it.

- May have clear liquids after golytely jug is completed.
- Follow these instructions only.

Day of Procedure _____

You can have clear liquids only, until *4hours prior to procedure*. Take the allowed medications with sip of water (see other side of this page). You are required to have a responsible adult to accompany you to and from the hospital. You will not be allowed to drive home after discharge.

Please register at _____ a.m.

() Unity Surgical Center

1411 South Creasy Lane

(Enter Lafayette Orthopedic Bldg.

Take elevator to second floor

Suite # 200)

Tel: 765-446-5000

() Home Hospital

Endoscopy Center

2400 South Street

(go to admitting)

Tel: 765-449-5081

PLEASE CANCEL THE PROCEDURE 3 DAYS IN ADVANCE TO AVOID

CHARGE of \$50. If any biopsies are taken or blood test done, results will be mailed in 2 weeks. Call us if you do not get results in mail in 2 weeks.