

Colonoscopy

How to prepare with GoLytely

Your colonoscopy is scheduled for _____, _____, at _____
DAY DATE TIME

7 Days Before	5 Days Before	1 Day Before	On Procedure Day
Date:	Date:	Date:	Date:
<ul style="list-style-type: none"> • If you take blood-thinning medicines such as Coumadin (warfarin) or Plavix (clopidogrel): <ul style="list-style-type: none"> - Call the doctor who prescribed these medicines. - Tell the doctor you are having a colonoscopy, and the date of your procedure. - Ask for special instructions for your blood-thinning medicines. • Cancellations: If you need to reschedule or cancel your colonoscopy, call 206._____. • Transportation: You must arrange for a responsible adult to take you home after your colonoscopy. <ul style="list-style-type: none"> - You cannot drive on the day of your colonoscopy. You cannot take a taxi or bus unless you have a responsible adult to ride with you. - Your test will be cancelled if you arrive at the hospital and do not have a responsible adult to take you home. - Your escort must be in our waiting room at the time of your discharge, about 2 hours after your appointment time. 	<ul style="list-style-type: none"> • Stop eating foods that contain nuts or seeds. • Stop taking iron and any multivitamin that contains iron. • Fill your GoLytely prescription. • Read this handout carefully. • If you have diabetes: <ul style="list-style-type: none"> - Call the provider who manages your diabetes medicines. - Tell the provider that you are having a colonoscopy and the date of your procedure. - Ask for special instructions for your diabetes medicines. 	<ul style="list-style-type: none"> • In the morning: <ul style="list-style-type: none"> - You may eat only items from this list: plain crackers (saltines, Melba toast, no seeds), cooked cereals (farina, cream of wheat, grits), cold cereal (corn flakes, puffed rice), white rice, noodles, or pasta. - Prepare the GoLytely solution by adding water to the container. Mix to dissolve. Store in the refrigerator. • After 12 noon: <ul style="list-style-type: none"> - Do not eat any solid food. - For the rest of the day, drink only clear liquids such as juice (apple, grape, or cranberry), broth, black coffee or tea, sports drinks, soda, or gelatin (green or yellow only). • At 7 p.m.: Drink 3 liters of GoLytely (¾ of the container) within 3 hours. It should cause diarrhea. Store the rest of the GoLytely in the refrigerator. 	<ul style="list-style-type: none"> • Do not eat any solid food. • 5 hours before your appointment: Start drinking the rest of the GoLytely. Drink 8 ounces every 15 minutes. After finishing the GoLytely, drink at least 16 ounces of clear liquids. • 1 hour before or after drinking the GoLytely, take your morning medicines with water. • Keep drinking clear liquids until 2 hours before your appointment. • Starting 2 hours before your appointment: Do not take anything by mouth. <p>What to bring to your appointment:</p> <ul style="list-style-type: none"> • Your driver or escort • A list of all medicines you currently take • Photo ID, insurance card, and co-pay, if needed • You will need to remove all jewelry and piercings before your colonoscopy. If you can, leave all valuables at home, or give them to your escort for safekeeping.

Locations and Parking

Maps and parking rates are included with this handout.

Harborview Medical Center

GI Endoscopy Suite
Maleng Building, 8th Floor
410 Ninth Ave., Seattle, WA 98104
206.744.3519

Parking 24 hours a day, 7 days a week in the Ninth and Jefferson Garage (P2) off James and Terry.

University of Washington Medical Center

Digestive Health Center
Surgery Pavilion, 3rd Floor
1959 N.E. Pacific St., Seattle, WA 98195
206.598.4377

From N.E. Pacific St., follow the signs to the Emergency Room. At the stop sign, enter the Surgery Pavilion Parking Garage on the left. After parking in the garage, take the elevator to the 3rd floor. Turn right into the Digestive Health Center.

Eastside Specialty Center

3100 Northup Way, Bellevue, WA 98004
425.646.7777
Free parking on site.

Questions?

Your questions are important. Please call if you have questions or concerns. Weekdays between 8 a.m. and 5 p.m., call the clinic where your colonoscopy is scheduled. After hours and on weekends and holidays, call the Community Care Line at Harborview, 206.744.2500.

Special Instructions

- If you take medicines for diabetes, your medicines will need to be adjusted for the day before and the day of your colonoscopy. Talk with your diabetes care provider about what to do on these 2 days.
- If you have severe constipation or are taking pain medicine every day:
 - Buy a bottle of Magnesium Citrate at a drugstore.
 - 2 days before your procedure, at 8 p.m., drink the full bottle.

Online Instructions

If you have access to a computer and the internet, you can watch a slideshow on preparing for a colonoscopy at <https://youtu.be/Eqs2HLQdLEY>.

What is a colonoscopy?

A *colonoscopy* allows your doctor to look at the lining of your large intestine.

What to Expect

You will receive a *sedative* (medicine to help you relax) through an *intravenous line* (IV) placed in your vein. Most patients fall asleep. If you do not fall asleep and feel some discomfort, please tell us. We will do our best to help you be comfortable.

To do the colonoscopy, your doctor will place a flexible tube into your rectum. The tube is about as wide as a finger. Your doctor may also take *biopsies* (tissue samples) or remove *polyps* (growths).

The colonoscopy takes about 30 to 45 minutes. Your appointment may last longer to allow time to prepare and recover.

Afterward, your doctor may talk with you about the results. If your results are not ready right away, we will tell you when you can expect to receive them.