

# My Colonoscopy Prep Calendar

Patient name:

Physician:

Procedure Date:


**7 Days  
Prior to  
Appt.**

**5 Days  
Prior to  
Appt.**

**3 Days  
Prior to  
Appt.**

**1 Day  
Prior to  
Appt.**

**Procedure  
Day!**

- Pick up** your bowel prep at the pharmacy. It will be a gallon container with powder mix inside. Do not add any water until the day before your colonoscopy. Use the instructions on this sheet on '1 Day Prior' **DO NOT** use the instructions provided on the GoLyteLy box.

- If you use our patient portal to check **upcoming appointments** please **disregard** this information for your procedure is in our endoscopy suite.

- Stop taking Iron supplements and multivitamins.



- Confirm with the person who is providing you a ride home. You must have a ride home as you will be receiving sedation **(NO TAXIS, Lyft, or Uber by yourself)**. Please inform your escort that the visit will take 2 ½ -3 hours.



- Stop** eating seeds, nuts, corn, any vegetables with a skin, and beans.

- If you are unable to make your appointment please call, 603-580-7892. **Core Gastroenterology requires 72 hours notice for cancellations**

- No solid food, dairy, juice with pulp, alcoholic beverages, and nothing red, orange, or purple in color.

- ONLY** clear liquids allowed: Sports Drinks (**no red, orange, or purple**), apple juice, white grape juice, ginger ale, clear broth/bouillon, water, coffee/tea without milk, clear carbonated beverages, Jell-O, popsicles, and Italian Ice. To stay hydrated, drink at least 8 glasses of clear liquid in addition to the bowel prep.

- Early in the morning mix the GoLyteLy: Fill the container with warm water, shake until powder is dissolved, and refrigerate.

- Starting at 6:00 pm, drink one 8 OZ. glass of GoLyteLy preparation every 15-20 minutes until 3 liters is consumed (or ¾ of the container). If you get nauseated, stop for 30 minutes to 1 hour, then start again at a slower pace. You will begin to have loose stools 1-2 hours after you start drinking the GoLyteLy.

- If you are unable to finish your prep or have not had a bowel movement three hours after drinking the evening dose, call the hospital at 603.778.7311 as soon as possible and ask for the GI nurse.**

- Please **take** your morning medications with a sip of water at least two hours prior to your procedure time.

- 4 hours prior to your arrival time**, drink the remaining liter of GoLyteLy (one 8 oz glass every 15 minutes until gone).

- Stop** drinking all liquids including the bowel prep 3 hours before you are due to arrive at the hospital.

- No chewing gum or hard candy 3 hours prior to arrival.**

Check each box daily to ensure proper prep ✓

Helpful Tips →

## **Helpful Tips**

- If you are taking blood thinners, such as Coumadin, you will receive additional instructions guided by your prescribing physician.
- You will need to contact the doctor who prescribes your diabetic medications for pre procedure instructions.
- The endoscopy suite will call you 10 business days prior to your procedure date to inform you of your arrival time. If you don't confirm your arrival time within 48 hours of receiving it, you will be rescheduled. Questions may be directed to (603)-580-7892.
- You can try biting down on a lemon before drinking the prep to improve the taste.
- Drinking the GoLyteLy cold and adding a Crystal Light flavor packet (not red) can improve the taste. Drink with a straw.
- To decrease discomfort around the perianal region, use wet wipes instead of toilet paper and apply Vaseline or A&D Ointment to the rectum.
- If you wear contacts, you will be asked to remove them prior to the procedure.
- You will be asked to remove jewelry before your procedure and you should consider leaving valuables at home.
- Please check with your insurance carrier regarding their coverage of this procedure, a pre-authorization may be required.