

**\*THERE WILL BE A \$50 DOLLAR FEE FOR RESCHEDULING AND IT IS NOT BILLABLE TO YOUR INSURANCE\***

# William L. Carveth, M.D.

559.440.0283

## GoLYTELY/COLYTE PREPARATION FOR YOUR COLONOSCOPY

**7 DAYS BEFORE THE EXAM:** **NO** ASPIRIN-BASED PRODUCTS, BUFFERIN, EXCEDRIN, ANACIN, ECOTRIN, MOTRIN, ADVIL, IBUPROFEN, ALEVE, NAPROSYN, OR ANY OTHER ANTI-INFLAMMATORY DRUGS. NO VITAMINS, NO HERBS. **TYLENOL IS O.K.**

**4 DAYS BEFORE THE EXAM:** PLEASE DO NOT EAT PEAS, BEANS, CORN, NUTS, SESAME SEEDS, FIGS, OR BERRIES, ETC., AS THEY CAN GET STUCK IN THE SCOPE.

**DAY BEFORE YOUR EXAM:** **YOU MAY ONLY HAVE CLEAR LIQUIDS** (NO MILK PRODUCTS & NO SOLID FOOD). ANY OF THE LIQUIDS BELOW ARE OKAY, AS LONG AS THEY ARE **NOT COLORED RED OR PURPLE.**

- \* STRAINED FRUIT JUICES WITHOUT PULP (APPLE, WHITE GRAPE, LEMONADE)
- \* COFFEE OR TEA (WITHOUT MILK OR NONDAIRY CREAMER)
- \* PLAIN JELL-O (WITHOUT ADDED FRUITS OR TOPPINGS)
- \* ICED POPSICLE OR KOOL-AID (BLUE, GREEN, YELLOW, ORANGE OR PINK IS O.K.)
- \* WATER      \* CLEAR BROTH      \* GATORADE      \* FIZZY / NON-FIZZY SOFT DRINKS

**DAY OF YOUR EXAM:** **DO NOT EAT ANY SOLID FOOD OR DRINK ANYTHING, OTHER THAN YOUR PREP!!**

6AM: MIX GoLYTELY/COLYTE PREP, YOU MAY REFRIGERATE IF YOU WISH BUT IT MAY CAUSE CHILLS BECAUSE OF THE VOLUME OF LIQUID.

7AM: BEGIN DRINKING GoLYTELY/COLYTE PREP. DRINK AN 8oz GLASS EVERY 10 TO 20 MINUTES UNTIL THE GALLON IS COMPLETED. IT IS BEST YOU DRINK THE WHOLE GLASS RAPIDLY, RATHER THAN SIPPING SMALL AMOUNTS.

BOWEL MOVEMENTS SHOULD OCCUR ABOUT ONE HOUR AFTER THE FIRST FEW GLASSES. THEY WILL CONTINUE PERIODICALLY FOR APPROXIMATELY 1-2 HOURS AFTER YOU FINISH DRINKING YOUR LAST GLASS. BY THIS TIME THE STOOL SHOULD BE A CLEAR LIQUID.

FEELINGS OF BLOATING AND/OR NAUSEA ARE COMMON AFTER THE FIRST FEW GLASSES OF PREP DUE TO THE LARGE VOLUME OF FLUID INGESTED. THIS IS TEMPORARY AND WILL DISAPPEAR ONCE BOWEL MOVEMENTS BEGIN.

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**MEDICATIONS:** PLEASE NOTE IF YOU ARE ON ANY HEART OR BLOOD PRESSURE MEDS, TAKE THE DAY OF THE EXAM WITH A SMALL SIP OF WATER, NO LATER THAN 6AM. NO HYDROCHLOROTHIAZIDE (HCTZ) THE AM OF EXAM. NO DIABETIC MEDS THE NIGHT BEFORE OR MORNING OF EXAM. IF YOU TAKE ANY OTHER MEDS ON A REGULAR BASIS, PLEASE ASK THE DR. AND HE WILL DETERMINE IF IT IS NECESSARY THE DAY OF EXAM.

**INSURANCE:** IF YOU HAVE ANY CHANGES, WE **MUST** HAVE A COPY, FRONT AND BACK OF THE NEW CARD.

\*PLEASE CALL IF YOU HAVE ANY QUESTIONS OR CONCERNS REGARDING THE INSTRUCTIONS OR EXAM\*

**SOMEONE MUST DRIVE YOU TO AND FROM YOUR COLONOSCOPY!!**

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5PM: MIX GoLYTELY/COLYTE PREP, YOU MAY REFRIGERATE IF YOU WISH BUT IT MAY CAUSE CHILLS BECAUSE OF THE VOLUME OF LIQUID.

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