

Colonoscopy Instructions

GoLytely: Two Day Preparation

Ten Days Before

- Arrange for a responsible adult (18 years or older) to drive you home and stay with you on the day of your procedure. If you are receiving sedation for your procedure and do not have a responsible adult, your procedure will be cancelled. Your responsible adult may leave but must be reachable by phone before the start of your procedure and available to pick you up no more than 15 minutes after your procedure.
- You will receive a call 3-5 business days prior from nursing to review your procedure prep instructions and medication holds. This call is important, do not ignore it.
- Purchase a small over-the-counter 10 oz bottle of Magnesium Citrate (no red, blue or purple).
- Purchase a small over-the-counter package of Simethicone tablets or capsules 125mg (generic is fine).
- Purchase a small over-the-counter package of Dulcolax/Bisacodyl 5 MG tablets (generic is fine).

Seven Days Before

- Reference **Medications Management for GI Procedures (including colonoscopy)** link at www.chihealth.com/services/cancer-care/colonoscopy on what you should stop taking

Five Days Before

- Begin a low fiber diet (see Low Fiber Diet Guide on full document at www.chihealth.com/services/cancer-care/colonoscopy).

Two Days Before

- Drink only clear liquids for breakfast, lunch and dinner. → See Clear Liquid Diet Guide on page 5.
- If you are diabetic: Consume clear liquids that are not sugar free which will give you sugar to assist with your blood sugar.
- If you take insulin, reference **Medications Management for GI Procedures (including colonoscopy)** link at www.chihealth.com/services/cancer-care/colonoscopy
- At 5 pm drink the 10 ounce bottle of Magnesium Citrate.

One Day Before

- Continue to drink only clear liquids for breakfast, lunch and dinner. → See Clear Liquid Diet Guide on page 5.
- **At 8 a.m.** add tap water to the “fill line” of the prep jug and refrigerate. → Do not add flavor packets. You may not like it. Small amounts can be added later to each cup.
- **At 1 p.m.** take 4 tablets Dulcolax – for a total of 20mg.

- **At 5 p.m.** start drinking 8 ounces of the prep solution. Consume each 8oz in 20 minutes until you have finished $\frac{3}{4}$ (75%) of the jug.
- Prep solution does not help with hydration. Drink additional clear liquids to maintain hydration.
- For any problems contact our office immediately at 402-717-9800, option 1, then 2.

6 Hours Before Your Check-In Time

set an alarm to be up in time

- Drink the rest of the prep solution in one to two hours. → Prep needs to be finished 4 hours before your check-in time.
- Take 2 Simethicone (or generic) 125mg with the last 8oz of prep.
- Take your regular medications with sips of water. See **Medications Management for GI Procedures (including colonoscopy)** link at www.chihealth.com/services/cancer-care/colonoscopy
- Follow insulin instructions listed on **Medications Management for GI Procedures (including colonoscopy)** link at www.chihealth.com/services/cancer-care/colonoscopy
- Do not take any mind-altering substances the day of your procedure, such as: alcohol, marijuana or other “recreational” substances. Doing so will result in cancellation of your procedure.
- Please plan to spend 1.5-2 hours at the facility for your procedure, from check-in to discharge.

After Procedure

- During the procedure you received medications that may significantly impair your judgment. Plan to take the day off work. For your safety you may not drive, take other transit or leave the medical center without a responsible adult. Put off important decisions until the day after your procedure.

Important: Please read all instructions at least two weeks before your procedure.

For procedures and or prep questions, call 402.717.9800, Option 1 and then 2

CHI Health Immanuel GI Lab,

CHI Health Midlands GI Lab,

CHI Health Creighton University Medical Center
- Bergan Mercy GI Lab,

CHI Health BASC

Low Fiber Diet Guide

Milk and Dairy

OK TO EAT

- ✓ Milk
- ✓ Cream
- ✓ Hot chocolate
- ✓ Buttermilk
- ✓ Cheese
- ✓ Sour cream

DO NOT EAT

- ✗ Yogurt mixed with seeds, nuts, granola, or fruit with skins/seeds

Bread and Grains

OK TO EAT

- ✓ Breads and grains made with refined white flour
- ✓ White rice
- ✓ Plain crackers
- ✓ Low-fiber cereal (e.g. cream of wheat, corn flakes)

DO NOT EAT

- ✗ Brown or wild rice
- ✗ Whole grain bread, rolls, pasta or crackers
- ✗ Whole grain or high-fiber cereal (e.g. granola, oatmeal)
- ✗ Bread or cereal with nuts or seeds

Meat and Seafood

OK TO EAT

- ✓ Chicken
- ✓ Turkey
- ✓ Lamb
- ✓ Lean pork
- ✓ Veal
- ✓ Fish and seafood, except salmon
- ✓ Eggs
- ✓ Tofu

DO NOT EAT

- ✗ Tough meat with gristle
- ✗ Salmon

Legumes

OK TO EAT

- ✓ None

DO NOT EAT

- ✗ Dried peas
- ✗ Dried beans
- ✗ Lentils
- ✗ Any other legumes

Fruits

OK TO EAT

- ✓ Fruit juice without pulp
- ✓ Applesauce
- ✓ Ripe cantaloupe and honeydew
- ✓ Ripe, peeled apricots and peaches
- ✓ Canned or cooked fruit without seeds or skin

DO NOT EAT

- ✗ Fruit with seeds, skins or membranes (including berries, pineapple, apples, oranges, watermelon)
- ✗ Dried fruit (including raisins)
- ✗ Any cooked or canned fruit with seeds or skins

Vegetables

OK TO EAT

- ✓ Canned or well cooked vegetables without skin or peel (includes peeled carrots, mushrooms, turnips, asparagus tips)
- ✓ Potatoes without skins
- ✓ Cucumbers without seeds or peel

DO NOT EAT

- ✗ Vegetables that are raw, contain skin, seeds or peel
- ✗ Corn
- ✗ Potatoes with skin
- ✗ Tomatoes
- ✗ Cucumbers with seeds and peel
- ✗ Cooked cabbage or brussels sprouts
- ✗ Green peas
- ✗ Summer and winter squash
- ✗ Lima beans
- ✗ Onions

Low Fiber Diet Guide (continued)

Nuts, Nut Butter, Seeds

OK TO EAT

- ✓ Creamy (smooth) peanut/almond/cashew butter

DO NOT EAT

- ✗ Nuts (including peanuts, almonds, walnuts)
- ✗ Chunky nut butter
- ✗ Seeds such as fennel, sesame, pumpkin, sunflower

Fats and Oils

OK TO EAT

- ✓ Butter
- ✓ Margarine
- ✓ Vegetable and other oils
- ✓ Mayonnaise
- ✓ Salad dressings made without seeds or nuts

DO NOT EAT

- ✓ Salad dressings made with seeds or nuts

Soups

OK TO EAT

- ✓ Broth, bouillon, consommé, and strained soups
- ✓ Milk or cream-based soup, strained

DO NOT EAT

- ✗ Unstrained soups or soups with herbs
- ✗ Chili
- ✗ Lentil soup
- ✗ Pea soup
- ✗ Dried bean soup
- ✗ Corn soup

Desserts

OK TO EAT

- ✓ Custard
- ✓ Plain pudding
- ✓ Ice cream (without nuts or fruit)
- ✓ Sherbet or sorbet
- ✓ Jell-o or gelatin without added fruit or red, blue or purple dye
- ✓ Cookies or cake made with white flour, prepared without seeds, dried fruit, or nuts

Desserts (continued)

DO NOT EAT

- ✗ Coconut
- ✗ Anything with seeds or nuts
- ✗ Anything with added red, blue or purple dye
- ✗ Cookies or cake made with whole grain flour, seeds, dried fruit, or nuts

Drinks and Beverages

OK TO DRINK

- ✓ Coffee
- ✓ Tea
- ✓ Hot chocolate or cocoa
- ✓ Clear fruit drinks (no pulp)
- ✓ Soda and other carbonated beverages
- ✓ Ensure, Boost, or Enlive without added fiber

DO NOT DRINK

- ✗ Fruit or vegetable juice with pulp
- ✗ Beverages with red, blue or purple dye

Other

OK TO EAT

- ✓ Sugar
- ✓ Salt
- ✓ Jelly
- ✓ Honey
- ✓ Syrup
- ✓ Lemon juice

DO NOT EAT

- ✗ Coconut
- ✗ Popcorn
- ✗ Jam
- ✗ Marmalade
- ✗ Relishes
- ✗ Pickles
- ✗ Olives
- ✗ Stone-ground mustard

Clear Liquid Diet Guide

Starting 24 hours before your check-in time, the following clear liquids are acceptable:



✓ Water/flavored water/coconut water



✓ Clear sports drinks (no red, blue or purple)



✓ Jell-o (no red, blue or purple)



✓ Clear, light-colored juices such as apple, white grape, lemonade without pulp, and white cranberry (no pulp or red, blue or purple)



✓ Black coffee or tea (sweetener ok but no milk or cream, please limit black coffee to two cups or less starting the morning of your procedure)



✓ Clear broth (veggie, beef, chicken)



✓ Popsicles without cream or fruit (no red, blue or purple)



✓ Soda

Starting six hours before your check-in time, limit clear liquids to the following:*



✓ Water



✓ Black coffee (please limit to two cups or less starting the morning of your procedure, no sweeteners/cream/milk)



✓ Clear tea (no sweeteners / cream / milk)

**If you are diabetic and experiencing hypoglycemia, you may have clear, light-colored juices such as apple, white grape, lemonade without pulp, and white cranberry (no pulp, or red, blue or purple) up to two hours before your check-in time.*

DO NOT DRINK

- ✗ Milkshakes
- ✗ Smoothies
- ✗ Juice that is not clear: orange, pineapple, grapefruit, and tomato
- ✗ Milk, dairy or non-dairy
- ✗ Soup other than clear broth/unstrained broth (i.e. broth that still contains herbs)
- ✗ Cooked cereal
- ✗ Juice, popsicles or gelatins with red, blue or purple dye
- ✗ Barium/oral contrast
- ✗ Limit alcohol

How Do I Know if My Prep is Working?

(for colonoscopy only)

Look at these examples for comparison:



Dark
and murky.
NOT OK

Brown
and murky.
NOT OK

Dark orange and
semi-clear.
NOT OK

Light orange and
mostly clear.
ALMOST THERE

Yellow and clear,
like urine.
YOU'RE READY

After drinking all of your prep, your bowel movements should be all liquid yellow and clear like #5. If so, you're ready!

However, if your bowel movements are solid, have semi-solid particles or look like #1, #2 or #3 you are not prepped well enough and will need to drink more prep or cancel your procedure.

It is very important to drink ALL of your prep. Please do not stop drinking your prep just because you have had several clear bowel movements.