

MCDONALD ARMY HEALTH CENTER
FORT EUSTIS, VIRGINIA
GASTROENTEROLOGY

Preparing for your Colonoscopy with Golytely or Colyte

Patient:

Procedure Date:

Please call (757) 314-7863 between 1200 and 1400 one duty day before your procedure to confirm your arrival time. Patients having their procedure on Monday or just after a holiday need to call the last working day before your procedure.

Seven Days Prior to Your Procedure

1. Discontinue any aspirin or ibuprofen containing products. These medications may cause excessive bleeding and may result in the postponement of your procedure. DO NOT resume taking these medications until the physician has given you instruction to do so. You may take Tylenol. Do not take Coumadin for _____ days prior to your procedure.

One Day Prior to Your Procedure

2. Fill the plastic jug of Golytely or Colyte to the line with warm water on the morning before your test. Shake it well. Put it in the refrigerator for the rest of the day. It will taste better if chilled.
3. Drink only clear liquids. This includes water, clear fruit juices, bouillon, black coffee and tea, soda, Ensure or plain Jell-O (no red Jell-O please). No solid foods, milk or milk products.
4. Begin drinking the Golytely or Colyte at 6:00 pm the evening before your exam. Drink an 8 oz glass every 10 mins. Do not drink any fluids that contain sugar during the time you are drinking the prep. Sugar makes the prep less effective. Diet sodas or artificially sweetened drinks are okay. You must **drink the entire gallon in 3 hours** for the prep to be effective.

The Day of Your Procedure

5. Take your usual heart or blood pressure medication with a small sip of water.
6. Take nothing by mouth within 2 hours of your scheduled arrival time.
7. You MUST have someone (18 years and older) accompany you to the hospital, remain during the procedure, and drive you home following the procedure. This person will receive discharge instructions regarding your well being for the rest of the day. The physician will speak to the person accompanying you regarding any findings during the procedure.
8. Do not bring any valuables with you. **DO NOT** bring children to the Health Center. Do not wear jewelry, excessive makeup, fingernail polish or lotions. It is advisable to wear comfortable loose fitting clothing.
9. Report to the 2nd Floor Rm 209 to check in. In the event you cannot make it to your procedure please phone 314-7660. If you are cancelling on the day of your procedure please call 314-7863.