

Prepare for Your Colonoscopy: GoLYTELY® Extended

Colonoscopies can help find colon cancer. To get ready, you will take something called GoLYTELY®. This will clean out your colon so that the doctor can do the colonoscopy.

- If you take a blood thinner or an antiplatelet, talk to your doctor to find out if you should stop taking it before your colonoscopy.
 - Some examples of blood thinners: warfarin, Eliquis® (apixaban), Pradaxa® (dabigatran), Savaysa® (edoxaban), Xarelto® (rivaroxaban), Lovenox® (enoxaparin), Fragmin® (dalteparin), Arixtra® (fondaparinux), or heparin.
 - Some examples of antiplatelets: aspirin, Plavix® (clopidogrel), Effient® (prasugrel), Brillinta® (ticagrelor), Pletal® (cilostazol), Persantine® (dipyridamole), Aggrenox® (aspirin/dipyridamole), or Trental® (pentoxifylline).
- You will need to get 2 GoLYTELY® Bowel Prep Kits from the pharmacy.
- The GoLYTELY® will come with instructions. Follow those instructions to mix the drink only.
Follow the instructions below to drink the mixture.

If you have diabetes, see the “Prepare for your Colonoscopy: GoLYTELY® Extended Patients with Diabetes” sheet.

7 Days Before Your Colonoscopy

- Stop taking iron pills if you take any.
- **Stop eating nuts, seeds, and popcorn.**
- Take all of your regular medicines unless your doctor has told you not to.

2 Days Before Your Colonoscopy

- Drink at least **8 ounces of clear liquids each hour you are awake** during the day. 8 ounces is the same as 1 cup. You can use a liquid measuring cup to measure.

Examples of clear liquids:

- | | |
|----------------|--|
| – Pop | – Gatorade® |
| – Clear juices | – Popsicle® |
| – Propel® | – Jell-O® |
| – Water | – Black coffee or tea (plain with sugar or sweetener only) |
- **Do not eat or drink anything that is red, orange, or purple.**
 - Do not eat any solid food.



In the Afternoon

1. Follow the instructions that come with the GoLYTELY® to mix 1 container.
2. Throw away ½ of the mixed GoLYTELY®.
3. Put the GoLYTELY® that you have left into the refrigerator to keep it cold.

At 6:00 PM:

- Drink at least 8 ounces of the GoLYTELY® mixture every 10 to 15 minutes until you finish the container.

Continued on next page

The Day Before Your Colonoscopy

Drink at least 8 ounces of clear liquids each hour you are awake during the day.

- Do not eat or drink anything that is red, orange, or purple.
- Do not eat any solid food.
- Follow the instructions that come with the GoLYTELY® to mix 1 container.

At 6:00 PM

1. Drink at least 8 ounces of the GoLYTELY® mixture every 10 to 15 minutes until you **finish ½ the container**. You must do this by 7:30 PM.
2. Put the leftover ½ container into the refrigerator.
 - You will drink the leftover GoLYTELY® the day of your colonoscopy.

The Day of Your Colonoscopy

If your colonoscopy is in the morning, at 3:00 am the day of your colonoscopy:

1. Drink at least 8 ounces of the GoLYTELY® mixture every 10 to 15 minutes until you have finished drinking the container.

Stop drinking everything at least 3 hours before your colonoscopy.

You can have clear liquids until 3 hours before your colonoscopy.

Take all of your medicine with just 1 or 2 sips of water.

If your colonoscopy is in the afternoon, at 6:00 am the day of your colonoscopy:

1. Drink at least 8 ounces of the GoLYTELY® mixture every 10 to 15 minutes until you have finished drinking the container.

Stop drinking everything at least 3 hours before your colonoscopy.

You can have clear liquids until 3 hours before your colonoscopy.

Take all of your medicine with just 1 or 2 sips of water.

Things to Remember for Your Colonoscopy

- **You must come with someone who will bring you home. They must stay for the whole colonoscopy.**
- If you have an inhaler, bring it with you.
- You can brush your teeth or dentures as normal.
- Leave all valuables at home.
- Tell your nurse or doctor if you have a pacemaker, defibrillation device, insulin pump, or any implanted device.
- Bring your photo ID and insurance card.
- Bring a list of your current medicines.