

Prepare for Your Colonoscopy: GoLYTELY[®]

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).
- 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[®] 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.

The Day Before Your Colonoscopy

- Mix the GoLYTELY[®] and put it in the refrigerator to keep it cold.
- 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:

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|-----------------------|--|
| – 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.



At 6:00 PM:

1. Drink at least 8 ounces of the GoLYTELY[®] mixture every 10 to 15 minutes until you finish $\frac{1}{2}$ of the container.
 - You must do this by 7:30 pm.
2. Put the leftover $\frac{1}{2}$ 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.

Scan the QR code with your phone or click the link below to watch a GoLyteLy® Prep Video.

- youtu.be/k8UzOf-ekOg

To scan the code:

1. Open the camera on your smartphone.
2. Place the QR directly in the center of the camera and the link should appear on the screen.
 - This link will take you to the website.

