



Phoenix Unified Surgeons

Excellence in Surgical Care

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*Colon & Rectal Surgery
General Surgery
Minimally Invasive and
Robotic Surgery
Endoscopy/Colonoscopy*

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*General Surgery
Minimally Invasive and
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Wound Care
Endoscopy/Colonoscopy*

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*General Surgery
Minimally Invasive and
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**(480) 707-9504 Office
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COLONOSCOPY PREPARATION with GOLYTELY or PEG

You are being scheduled for a colonoscopy. You must prepare for the procedure by cleansing your colon. The cleanout can be difficult – please do the best you can.

Stop ASPIRIN, FISH OIL, VITAMIN E, COUMADIN, PLAVIX, and other blood thinners 5 to 7 days prior to the procedure, or as otherwise instructed by your doctor.

If you have questions or problems, please call the office at (480) 707-9504. After hours, please choose the option to speak with the on-call doctor.

Shopping List:

- Prepare ahead of time for the day of your cleanout. Go to your pharmacy and purchase the following items:
 - GoLytlely or PEG: obtain this *prescription medication* from your pharmacy.
 - Light colored Gatorade (64 oz) or similar clear liquid
 - Gummy candies such as gummy bears. These are safe to chew on during the preparation and can provide mouth comfort.

Instructions for the Colonoscopy Preparation:

- **Step 1:** 6:00 AM: Drink only **clear liquids** beginning at 6:00 AM.
 - Clear liquids are liquids you can see through. These include Gatorade, tea, black coffee, apple juice, white grape juice, clear soda, clear broth, popsicles, plain Jell-O, and water.
 - Do not eat any more solid foods until after your procedure.
 - Please try to drink at least 2 liters of clear liquid throughout the day before starting to drink the GoLytlely or PEG.
 - Do not eat any solid food until after your procedure.
- **Step 2:** 5:00 PM: Begin drinking the GoLytlely or PEG preparation to clean out your colon.
 - Drink 8 oz every 15 minutes or so, until the entire bottle is consumed.
 - If you become nauseated, take a break for an hour, then try to finish the rest of the drink.
- **Step 3:** Drink additional clear liquids up until bedtime or until 8 hours prior to your procedure.
- **Step 4:** Stop eating or drinking any liquids 8 hours prior to your appointment time.

Please carefully read the following:

1. The bowel preparation will cause you to have diarrhea. This is an expected side effect of the preparation. Your goal is to have clear stools with little or no particle matter present.



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2. **Do not skip important medications.** If you normally take medications for high blood pressure or heart issues, **do not skip these medications.** If you normally take these medications in the morning, **take your medicines on the morning of the procedure with a small sip of water.**
3. You may receive narcotics or sedatives during your procedure. It is illegal to drive under the influence of these types of medications.
4. **You must arrange to be accompanied home by a friend or relative after your colonoscopy.** The hospital will not let you have the procedure if you do not have a responsible adult with you on the way home.
5. You cannot drive or make legal decisions for the remainder of the procedure day.
6. If the doctor takes a biopsy during the exam, our office will call you with the results within a week of the procedure. If you have not heard from us within a week, please call the office.