

# MaineGeneral Gastroenterology

## Preparation for Morning Colonoscopy Boosted Prep with GoLYTELY<sup>®</sup>, NuLYTELY<sup>®</sup>, TriLyte<sup>®</sup> or CoLyte<sup>®</sup>

### Do these things **seven days before** the procedure:

- Purchase MiraLAX<sup>®</sup>. You can buy it over the counter at the pharmacy.
- Arrange a ride home. When you have your colonoscopy, you will be given medicine that makes you relax and feel sleepy. **You cannot drive until the following day after your procedure. If you come without a driver, your procedure will be rescheduled.**
- Stop taking iron including multi-vitamins with iron.
- If you are taking blood thinners, please call 861-6500 and choose option 3.
- **Do not stop your aspirin regimen unless our office tells you to stop.**
- Begin taking one capful (17 grams) of MiraLAX<sup>®</sup> with 8 oz. of liquid daily for five days — 85 grams in total over five days.

### Do these things **four days before** the procedure:

- Confirm your ride.
- If you need to cancel your appointment, call 861-6500 and choose option 2.
- Review the steps you need to follow for the next three days, as outlined below. Plan your meals according to this diet.

### Do these things **three days before** the procedure:

- Drink at least 8 glasses of fluid throughout the day.
- Start a low-fiber diet.
- Stop eating fresh fruits, vegetables, seeds, popcorn, nuts and whole grains.

### Do these things **one day before** the procedure:

- Fill the plastic container that holds the laxative powder with water. Shake well until the powder is dissolved. Put the container in the refrigerator.

Appointment Date: \_\_\_\_\_

Arrival Time: \_\_\_\_\_

Appointment Time: \_\_\_\_\_

Procedure Location:  
**MaineGeneral Endoscopy  
Thayer Center for Health  
149 North Street  
Waterville**

- **Eat a light breakfast before 9 a.m.**  
Examples of a light breakfast are: eggs, white toast, low fiber cereal (such as Rice Krispies<sup>®</sup>), English muffins and plain bagels.
- Begin a strict, clear liquid diet. If you put a liquid in a clear glass and you can see through it, you can drink it. A clear liquid can include:
  - ◆ Apple, white grape and cranberry juice
  - ◆ Beef or chicken broth that is clear
  - ◆ Tea and coffee without milk
  - ◆ Clear soda, any flavor Gatorade<sup>®</sup> or popsicle and various JELL-O<sup>®</sup> flavors (not red or orange)
- **If you are diabetic**, see reverse side for special instructions.
- Do not drink juices with pulp or prune or dark grape juice or milk and cream. Do not eat solid food.
- **6 p.m.:** Start drinking the laxative liquid. Drink one full glass every 15 minutes until the container is half empty. Try to drink one full glass at a time instead of sipping.
- **11 p.m.:** Drink the rest of the laxative liquid until the container is empty.
- The laxative liquid will cause you to have many bowel movements. This will give you a clean colon for the procedure.

### Do these things **the day of** the procedure:

- Take your heart and blood pressure medications with a sip of water. Use any inhalers as you would normally.
- You may have clear liquids until 3 hours before the procedure.
- Arrive one hour before your appointment time. Don't forget — you need to have a ride home.

*Guidelines for patients with diabetes on back*

**If you have problems** with this preparation, call 861-6500 and choose option 3. If you call after hours, you will reach the answering service, who will contact the on-call doctor for you.

## Guidelines for Patients with Diabetes

- **Drink plenty of clear liquids that contain sugar.**
- Avoid caffeinated drinks as they can cause dehydration.
- Check your blood glucose (sugar) often. Check at least every 2-4 hours and record the results.
- Stop drinking clear liquids 3 hours before your procedure and check your blood sugar. If it is low, call 861-6500. If it's before 8:30 a.m. or after 4:30 p.m., the answering service will page the doctor on call.

### **If you use long-acting insulin:**

Take your long-acting insulin as prescribed. These include LANTUS<sup>®</sup>, Levemir<sup>®</sup> or your insulin pump.

### **If you use short/medium-acting insulin:**

Cut back to half the usual dose for the day before your procedure.

### **If you take oral agents (pills):**

Take your pills as directed. On the morning of the test, you may hold them until after your procedure.