

## Preparing for Your Colonoscopy with UVA Digestive Health Golytely Extended Bowl Preparation Instructions

Thank you for choosing us to provide your care. Please follow the following guidelines and preparation instructions to help make for a successful experience.

**IMPORTANT:** Some medications, such as diabetes medication and blood thinners, could cause complications during your upcoming procedure. If you take any of the following medications, contact the doctor who prescribes them to you **two weeks before your procedure date** and ask if you need to temporarily stop taking these medications.

- **Weight-loss or diabetes medication**, including Mounjaro, Ozempic, Saxenda, Victoza, Wegovy
- **Blood thinning medication**, including Aggrenox, Coumadin, Eliquis, Lovenox, Persantine, Plavix, Pletal, Pradaxa, Ticlid, Warfarin, Xarelto,

If you take any of these medications, we also recommend that you follow a **clear liquid diet for 1 day** before this or any endoscopic procedure during which you will be sedated, or “go to sleep,” during the procedure. While following a clear liquid diet, you can drink water and other sugar-free clear liquids. This will help empty your stomach, which is necessary for these procedures.

### If you take a daily Aspirin, continue taking your Aspirin.

- You **MUST** have a driver on the day of your procedure: As you will receive anesthesia medications on the day of your procedure, you must have a responsible adult 18 years or older who can drive you home. For your safety, UVA Health recommends that this person stay with you for several hours after your procedure. You may not drive for **24 hours** after your procedure.
- Visitors: Please find the most up to date visitor information on the UVAHealth website <https://uvahealth.com/patients-visitors/visiting-patient>, or call us to ask if visitors are allowed at the time of your procedure (434) 243-3090.
- Medication and allergy information: Please bring a complete list of your current medications, their doses, and any allergies you may have.
- Pacemaker or Internal Defibrillator: Please bring your device information card with you.
- Personal belongings: Please leave all jewelry and other valuables at home. Please do not wear contacts the day of your procedure. If you wear glasses, hearing aids, or dentures, please bring a case with you to store these items during your procedure.
- Please note that UVA performs colonoscopies at two locations. Please confirm your location by referring to your appointment reminder letter.

We strive to provide the safest care for all of our patients. As a result, some procedures may take longer for some patients than others. Please arrive **45 minutes** prior to your appointment time. We ask for your patience and that you plan to be with us at least **2 to 3 hours**.

If you must cancel or reschedule your appointment, please call the UVA Endoscopy scheduling team as soon as possible at (434) 243-3090.

## Before Your Colonoscopy, Extended Bowel Preparation Instructions

At least two weeks before your colonoscopy:

- Call your pharmacy two weeks prior to your procedure. Tell them you are ready for them to fill your prescription for the colonoscopy bowel prep kit.
- If you are on medications (other than aspirin) that thin your blood or if you take medications for diabetes (including GLP-1 agonists prescribed for weight loss), you will need to let your doctor that prescribes these medications know you are planning to have a colonoscopy and ask for instructions regarding this medication.
- Please note that UVA performs colonoscopies at two locations. Please confirm your location by referring to your appointment reminder letter.

Five days before your colonoscopy:

- Start a low fiber diet (see low fiber diet examples below),
- Stop iron, including medications or vitamins that contain iron.
- Arrange to have someone 18 or older drive you to and from your procedure.
- Have plenty of clear liquids available at home (see clear liquid examples below).

Two days before your colonoscopy:

**Important:** Do not follow directions on the bottle. Follow directions written below.

- **At 8:00 am:** You should have two jugs. Do not combine jugs, mix them separately. Add water up to the fill line of the bowel prep jugs. Mix well and place both jugs in refrigerator.
- Can have a light breakfast (eggs, yogurt, white toast, Ramen noodles, etc.). Avoid all cereals, fruit, seeds, nuts and meat products.
- After your light breakfast drink only clear liquids for the entire day (see clear liquid examples below). Do not eat solid foods or milk products. Drink 8 ounces (oz.) of clear liquid every hour while awake. 8 oz. is equal to one measuring cup.
- **At 5:00 pm** start drinking your first bowel prep jug.
- You will need to drink 8 oz. of prep solution every 10-15 minutes until HALF of the solution of the first jug is finished.
- Continue to drink other clear liquids. This will help the medicine to clear your bowels. The more clear liquids you drink, the better the medicine work.
- Stay close to a bathroom. Cleaning your colon causes diarrhea.

One day before your colonoscopy:

- Drink only clear liquids all day (page 3). Do not eat any solid foods or milk products. Drink 8-10 oz. of clear liquids every hour while awake, for at least 12 hours.
- **At 12:00 pm** begin to drink the other half of your first jug of bowel prep. You will need to drink 8 oz. of prep solution every 10-15 minutes until the second half of the solution of the FIRST jug is finished.
- **At 6:00 pm** start drinking your second bowel prep jug. You will need to drink 8 oz. of prep solution every 10-15 minutes until HALF of the solution of the second jug is finished.

Day of your colonoscopy

- **Take your daily medications up to 2 hours before your procedure unless instructed otherwise by your healthcare provider.**
- **5-6 hours before you leave home** begin drinking the rest of your second bowel prep jug.

- You may need to start in the middle of the night for an early morning procedure. Timing is essential.
- You will need to drink 8oz of prep solution every 10-15 minutes until the second half of the solution of your second jug is finished.
- **2 hours before your procedure time** stop drinking all liquids.
- Complete all steps on page 1 and bring requested items to your procedure.
- **Arrive 45 minutes before your scheduled appointment time** with a responsible driver to assist you home.

## Frequently Asked Questions

- **Why is it important to get cleaned inside?** Your doctor must be able to see in order to complete the colonoscopy exam. If your colon has too much stool on the inside, your doctor may not be able to see important things like polyps or cancer.
- **Is my prep working?** The bowel movement coming out should look like fluids you are drinking – yellow, light, liquid, and clear (like urine) without many particles.
- **What are the effects of the “bowel prep?”** You will have a lot of diarrhea from the bowel prep. This will start anywhere from a few minutes to 3 hours after you start your prep. Many people have bloating, abdominal discomfort, and/or nausea. This is uncomfortable and almost always safe. Some people do not like the taste or smell of the medicine. Please do not let these get in the way of you finishing the medicine as directed.
- Rarely, some people throw up while taking the prep. If you throw up, stop taking the prep for 30-60 minutes, then try taking the prep again. If you are unable to finish the bowel prep, your colon may not be clean enough for your exam.
- **My prep hasn't started working yet - what do I do?** Different people respond differently to the bowel prep. If you have waited more than 3 hours without a response, then it may not be working well. Be sure you are drinking enough fluid. If that doesn't work, drink the second part of your prep and continue to drink fluids. It should work eventually. Call the UVA Endoscopy Unit at (434)243-3090 on the morning of your procedure if the medicine is still not working.

## Clear Liquid Diet

Change to this diet ONE DAY before your Colonoscopy. You will return to your regular diet after the procedure.

Clear Liquids OK to Drink	Do NOT Drink
<ul style="list-style-type: none"><li>• Water (plain, carbonated or flavored)</li><li>• Fruit juices without pulp, such as apple or white grape juice</li><li>• Carbonated drinks, including dark sodas (cola and root beer)</li><li>• Tea or coffee without milk or cream</li><li>• Sports drinks (not red or purple)</li></ul>	<ul style="list-style-type: none"><li>• Milk</li><li>• Artificial creamers</li><li>• Fruit or vegetable smoothies</li><li>• Gelatin (Jell-O)</li><li>• Alcohol</li><li>• Anything red or purple. These liquids can look like blood in the colon.</li><li>• Broth</li></ul>

## Low Residue / Low Fiber Diet

Start this diet FIVE DAYS before your Colonoscopy. You will return to your regular diet after the procedure.

Foods to Eat	Foods to Avoid
<p><b>Breads/Grains</b>            Refined breads, toast, rolls, biscuits, muffins, crackers, pancakes, and waffles            Enriched white or light rye bread or rolls            Saltines, Melba toast            Refined ready-to-eat cereals such as puffed rice and puffed wheat            Cooked refined wheat, corn, or rice cereal            Strained oatmeal, grits and farina            Refined cold cereals made from rice, corn or oats (Rice Krispies, Cornflakes, Cheerios)            White rice, refined pasta, macaroni, noodles</p> <p><b>Vegetables</b>            Most tender cooked and canned vegetables without seeds such as carrots, asparagus tips, beets, green or waxed beans, pumpkin, spinach, squash (acorn) without seeds, potato (no skin), pureed or cooked strained lima beans, and peas (no skin)</p> <p><b>Fruits</b>            Most canned or cooked fruits, fruit cocktail, avocado, canned applesauce, apricots, peaches, pears (all without skin and seeds), pureed plums and ripe bananas            Strained fruit juice</p> <p><b>Milk/Dairy</b>            Milk, mild cheese, cottage cheese            Yogurt (no berries)            Ice Cream (no fruit or nuts)            *limit milk/milk products to 2 cups per day</p>	<p><b>Breads/Grains</b>            Any bread product made with whole-grain flour or graham flour, bran, seeds, nuts, coconut, or raw or dried fruit, cornbread, and graham crackers            Any whole-grain, bran, or granola cereal, oatmeal and cereal with seeds, nuts, coconut or dried fruit            Bran, barley, brown and wild rice</p> <p><b>Vegetables</b>            Raw vegetables and vegetables with seeds, sauerkraut, winter squash, and peas</p> <p><b>Fruits</b>            Raw or dried fruit, all berries            Prune juice</p> <p><b>Milk/Dairy</b>            Yogurt containing fruit skins or seeds</p>

**Meat**

Ground or well-cooked, tender beef, lamb, ham, veal, pork, fish, shellfish, poultry (no skin), and organ meats, eggs

Smooth peanut butter

**Fat/Snacks**

Margarine, butter, vegetable oils, mayo, cream substitutes, Crisp bacon

Plain gravies, and salad dressings

Chocolate

Broth, strained cream soups (no corn) made with allowed ingredients

**Miscellaneous**

Salt, soy sauce, ketchup

Mild spices in moderation, white sauce

Sugar, honey, jelly, syrup

Lemon juice, vinegar, vanilla and other flavoring extract

Coffee, tea, carbonated beverages and fruit drink (without pulp)

**Meat**

Tough fibrous meats with gristle, shellfish with tough connective tissue

Meats prepared with whole-grain ingredients, seeds, or nuts

Dry beans, legumes, peas and lentils

Chunky peanut butter

Raw clams and oysters

**Fat/Snacks**

Any made with whole-grain flour, bran, nuts, seeds, coconut, or dried fruit

Nuts, and popcorn

Raisins, seeds, seed spices, pickles, olives

Spicy mustards, and relish

Highly spiced salad dressings

Jam or marmalade with nuts and seeds

**Miscellaneous**

Beverages and gelatins that are red or purple in color up to 24hrs. prior to procedure