

Important Information About Your Colonoscopy

Patient Name:	
Your Provider:	



Your procedure will be at:
 Karmanos Cancer Institute
 Weisberg Cancer Center
 31995 Northwestern Highway
 Farmington Hills, MI 48334



Please contact us with questions:
 Appointment time, medications, prep questions... (248) 538-3064
 Reschedule or cancel an appointment..... (313) 576-9100
 All other questions..... (800) 527-6266



You will be contacted by the nursing staff 2-3 days prior to your appointment to review your arrival time, health history and current medications.



Do NOT stop any prescription medications until you speak with our nursing staff.



You must have an escort/driver present for the full duration of your appointment! If they are not present, your appointment will be cancelled.



Please read the important preparation instructions, attached.



Affix Label Here

Name: _____

Date of Birth: _____

PTID: _____

7 Days Before Procedure

- Read all prep instructions. **If you have any questions, please call: 248-538-3064**
- Make sure your physician has a list of your current medications and dosages, including blood thinners and diabetes/weight loss medications like Ozempic, Trulicity, etc. These will need to be held anywhere from 7 days to 48 hours prior to procedure.
- Report all defibrillator devices to the office that scheduled your procedure.
- Obtain the following supplies:
 - One bottle of GoLyteLy®.
 - Your physician will give you a prescription for this.
 - Clear liquids that are **NOT** red, purple, or blue to help keep you hydrated.
 - Sports drinks like Gatorade® are a good choice.
 - If you have diabetes, make sure you buy sugar-free clear liquids.
- Stop herbals, vitamins, and oral Iron supplements.
- If you have kidney disease or are on dialysis, contact your physician.

Arrange a driver to drive you to the procedure, stay while you have your procedure done, and take you home after. You can only use transportation services if you have someone to ride along with you.

2 Days Before Procedure

- Avoid foods with nuts, seeds, raw vegetables, whole corn and fresh fruit.
- Limit red meat.
- Drink plenty of fluids.
- Stop any anti-inflammatory medications (Motrin®, Advil®, Ibuprofen, Aspirin). Tylenol is okay to take.
- Prepare a list of all current medications, find insurance cards, and get the names and addresses of the physicians you want to receive a copy of your procedure report.

Confirm with your driver that they will stay during your procedure and take you home.



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Colonoscopy Prep GoLyteLy®

Affix Label Here

Name: _____

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PTID: _____

1 Day Before Procedure: Begin a Clear Liquid Diet (All Day)

- You will begin a clear liquid diet the day before your procedure. A clear liquid diet includes pop, juice (apple, white cranberry, white grape), black coffee, tea, Gatorade, water, soup broths, popsicles, Slurpee, and Jell-O gelatin. **NO SOLID FOODS, DAIRY PRODUCTS, ALCOHOL, OR LIQUIDS WITH RED, PURPLE, OR BLUE DYE.**
- Prepare your GoLyteLy® in the morning. These instructions should be available on the package insert provided with the bottle. **DO NOT** mix the GoLyteLy® earlier than the day before your procedure.
- Once the GoLyteLy® is dissolved, you can put the mixture in the refrigerator. Many people find it tastes better when it is chilled.
- If you have diabetes, you should check your blood sugar level often while on a clear liquid diet. You may need to only take ½ of your usual injectable insulin dose.

Start your Bowel Preparation

- At 6:00 PM start drinking the GoLyteLy® until **half** of the mixture is gone. We ask that you have half of the mixture gone by the time you go to bed.

Bowel movements usually begin within 1 hour of drinking your first glass but may take longer for some people.

- Putting petroleum jelly (Vaseline®) or A&D® cream on the skin around your anus after each bowel movement can help prevent irritation.
- Make sure to continue to drink plenty of liquids to stay hydrated.

On the Day of Your Procedure

5 hours before your scheduled procedure start time begin drinking the remaining half of the GoLyteLy prep. Finish the prep within 2 hours of when you started drinking this second half. You are not allowed to eat or drink anything within 3 hours of your scheduled procedure start time. If you do, your procedure will be canceled.

- **DO** take your blood pressure, heart, seizure, and thyroid medication.
- **DO NOT** take any injectable insulin, any oral Diabetes medication (pills), blood thinners, iron, or fish oil.



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Colonoscopy Prep
GoLytely®

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Colonoscopy Prep Frequently Asked Questions

Do I need to drink all of the bowel prep solution?

Yes. In order to properly see the lining of the colon, the colon must be completely clean. A colon that is not properly clean may make it hard to find colon polyps and colon cancer. This may lead to incomplete exams, missed polyps and a need to repeat the exam at another time.

What if I don't like the taste and cannot take all of the prep?

If you do not like the taste, try adding a powdered flavoring to the solution like Gatorade®, Crystal Light® or Lemonade. **Avoid red, blue or purple colored flavoring.**

I am experiencing nausea. Can I take a break from drinking the prep?

Yes. You may also try drinking something warm such as tea. The warmth sometimes settles the stomach. When the nausea goes away, continue to drink clear liquids to prevent cramping and dehydration. Try drinking the prep more slowly.

You can also drink the prep solution through a straw, and then rinse your mouth out with water to limit the unpleasant taste some will experience.

My prep has not started to work yet. Is that OK?

Everyone has a different response to the bowel prep. Some people start having diarrhea within an hour of drinking the solution. Others have no response for a few hours. Be patient and continue drinking the prep as instructed.

What if I have food and/or drink less than 3 hours prior to the procedure?

Notify your doctor right away. Your colonoscopy will be cancelled as a requirement set forth by the anesthesia department.

Can I drive myself home after the procedure?

No. You will receive anesthesia medications during your procedure. This medicine affects your judgement and reflexes. For medical and legal reasons, you may not drive 24 hours after your procedure.

If you have any questions or concerns, call 248-538-3064
On Weekends, call **1-800-KARMANOS (1-800-527-6266)**

Patient/Personal Representative Signature _____ Date _____ Time _____

Nurse Signature _____ Date _____ Time _____