

GREATER BOSTON GASTROENTEROLOGY

○ George Dickstein, MD
○ Steven N. Fine, MD
○ Jaime A. Oviedo, MD
○ Mark A. Painter, MD
○ Greta Taitelbaum, MD CM FRCP(C) FACG
Phone: (508) 620-9200 Facsimile: (508) 620-6483 Website: www.greaterbostongi.com

SPLIT DOSE *GOLYTELY*^{*} PREPARATION FOR COLONOSCOPY

There have recently been documented cases of a type of acute renal failure associated with the use of oral sodium phosphate (OSP). Therefore, we are now using a different product for bowel cleansing.

You are scheduled for a colonoscopy on: _____ at: _____.

Please report to the location checked below at: _____.

MetroWest Medical

67 Union Street
3rd floor / Outpt Reg
Natick, MA 01760

MetroWest Medical

115 Lincoln Street
Endoscopy Dept. 1st Floor
Framingham, MA 01702

Boston Endoscopy

175 Worcester Street
Wellesley Hills, MA 02481

Charles River Endoscopy

297 Union Avenue
Framingham, MA 01702

Please read the materials in this packet as soon as you get them - do not wait until the day of your test. This is important because your preparation for your colonoscopy begins one week before the day of your test.

1. It is extremely important that you make arrangements to have a responsible adult available to take you home after your colonoscopy. **You may not drive yourself home after the test.** If you take a cab, someone must ride home with you in the cab (in addition to the cab driver). This is a policy that is strictly enforced for your safety. No exceptions are made unless you plan to undergo the procedure without sedation. If you wish to do this, you should discuss with your doctor in advance.
2. You must have the entire day off, no working, no driving, and no plans. You will receive sedatives for your colonoscopy. As you recover from the sedatives, you should not go back to work or school and you should not make important decisions. If you normally care for children or disabled relatives, get help with these responsibilities on the day of your test.
3. Please bring with you to your procedure a list of all of your current medications.

When this procedure was scheduled, the insurance on file for you was: _____

If your insurance changes, you must notify the office at 508-620-9200 at least 14 days prior to your procedure.

You will be responsible for any charges due to lack of correct insurance information.

If your colonoscopy has been scheduled for screening (you have no symptoms with your bowels*), and your doctor finds a polyp or tissue that has to be removed during the procedure, this colonoscopy is no longer considered a screening procedure. It is considered a surgical procedure and your insurance benefits may change. Please check with your insurance company prior to starting the bowel preparation to assure that you understand your insurance benefits and coverage.

*Symptoms such as change in bowel habits, diarrhea, constipation, bleeding, anemia, etc.

Preparation of your bowel for colonoscopy consists of a complete flushing of all waste material prior to the examination. Please follow these instructions completely. If you have any questions regarding the preparation, do not hesitate to call us.

A \$50.00 cancellation fee will be billed directly to the patient for any appointment not cancelled with a 48 hour notice.

There are some very important facts that you need to be aware of:

- 1) Fill the enclosed prescription for the liquid you will need to drink (called either Golytely, Nulytely, Colytely or PEG 3350).
- 2) If you take **Coumadin or Warfarin**, it will need to be discontinued five days before the procedure.
- 3) If you take **Plavix**, it will need to be discontinued seven days before the procedure.
- 4) **Important** – do not stop taking any medicine that a doctor has asked you to take without talking first with that doctor. He/she may want you to continue to take the medicine even during your preparation for colonoscopy. If this is the case, please let us know.
- 5) You should continue taking all other regular medications, even on the day of the examination.
- 6) It is very important that you drink extra fluid on the day that you are completing your bowel prep. This helps avoid complications such as dehydration, dizziness and fainting.
- 7) If you regularly use a CPAP machine for treatment of **Sleep Apnea**, please bring it to the hospital/endoscopy center the day of your procedure.
- 8) If you have **Diabetes**, preparing for a colonoscopy involves some temporary changes in your diet. It is important that you know how to adjust your insulin or your oral medicines during this time.
 - a) On the day before your test, you will be restricted to a clear liquid diet. On this day, most patients find that they do not need to adjust their insulin they normally take during the day.

Patients who take long-acting insulin at night (Lantus, glargine) should take ½ their usual dose the night before the colonoscopy.

If you take oral medication for your diabetes, you should not take it the day before or the night before your colonoscopy.

If you are unsure about whether to change your medication dose(s) the day/night before the test, please call the doctor who takes care of your diabetes for advice.

- b) On the day of your test, you will not be eating or drinking for several hours.

If you use short-acting insulin, you should not take it on the morning of the test.

If you use longer-acting insulin in the morning, please take ½ your usual dose.

If you take an oral diabetes medicine, please do not take it until after your colonoscopy is over.

➤ **ONE WEEK PRIOR:**

- Do not take aspirin, aspirin-containing medications, Ecotrin, Bufferin, Anacin, Advil, Aleve, Nuprin, Motrin, Ibuprofen, other anti-inflammatory medications for seven days prior to the examination.
- If there is a concern regarding this, please discuss with your prescribing physician.
- Do not take iron supplementation for seven days prior to the examination. If you take a vitamin every day, check to see if it has iron. If it does, stop taking it for the seven days before your test.
- You may take Tylenol or acetaminophen any time before or after the procedure.

➤ **THREE DAYS PRIOR:**

- Do not eat legumes, peas, carrots, corn, tomatoes, watermelon, or nuts for three days before your colonoscopy.

➤ **DAY BEFORE EXAM:**

○ **CLEAR LIQUIDS ONLY ALL DAY!!**

The following items are those that may be used in a CLEAR LIQUID diet:

Broth, Bouillon, Ginger ale, Sprite, 7-up, Apple juice, White grape juice, Water, Popsicles, Jell-O (no red or purple colored, no fruit or cream added) Black coffee or tea (may have sugar but no milk or cream)

- Any time between 3:00 PM to 6:00 PM start taking the liquid preparation drink. Drinking at least one 8 ounce glass every 15 minutes will lead to the best results. You may add ice and/or lemon juice, if you wish. **YOU MUST DRINK ONE HALF OF THE GALLON OF PREPARATION.** This should not take more than two or three hours.
- Refrigerate the remaining half of prep for morning dose.

➤ **DAY OF EXAM:**

- Re-stir remaining half of prep
- At 6:00AM finish taking the Golytely liquid drink. Drinking at least one 8 ounce glass every 15 minutes will lead to the best results. You may add ice and/or lemon juice, if you wish. **YOU MUST FINISH DRINKING THE REMAINING HALF OF THE GALLON OF PREPARATION.** This should not take more than two or three hours.
- If your procedure is before noon, you should have nothing by mouth from midnight on.
- If your procedure is after noon, you can take clear liquids up to four hours before the procedure.

The examination will take approximately 45 minutes, but this may vary from patient to patient. After the examination is completed, you will spend approximately one hour in our recovery area.

Please keep in mind that this is an estimated appointment time. Because the time involved in each procedure is often unpredictable, and procedures are scheduled to follow each other consecutively; there are occasions when the schedule runs behind. Your patience and understanding are appreciated.

➤ **DAY AFTER EXAMINATION:**

- You can expect to resume normal activities again unless otherwise indicated. After the procedure, you will be given instructions about diet and medications.

INFORMATION REGARDING A COLONOSCOPY

What is a colonoscopy?

A colonoscopy is a procedure which allows the doctor to examine the inside of the colon (also called the large intestine). Colonoscopy is a highly reliable method for determining the presence and severity of diseases of the colon. It can reveal details not seen on x-ray.

What is a colonoscope?

The colonoscope is a flexible instrument with an optical system which allows the doctor to “see around corners”. It has a “steering” mechanism by which the lenses can be pointed in any direction and “operating” channels through which biopsies can be taken and instruments passed, if necessary. A bright light illuminates the inside of the colon after it has been inflated with air. Intestinal liquids can be removed through the instrument by suction, for better visualization.

How is the procedure performed?

The procedure is performed on an outpatient basis. You will be given intravenous medications (versed and fentanyl, or similar medicines) to make you sedated and comfortable.

You will be lying on your left side. The colonoscope will be passed into the rectum and guided through the entire length of the colon. If an abnormality is seen or suspected, a small portion of tissue (biopsy) may be removed for microscopic study. Small growths can frequently be removed (polypectomy) and vascular abnormalities can often be destroyed with an electrical current (electrocoagulation). The visual appearance of pertinent areas may be recorded on photographic film. You may experience cramping sensations as the colonoscope is moved around the corners in the colon, or as air is introduced for better visualization. We will make every effort to minimize the discomfort.

What preparation is necessary?

The colon must be thoroughly cleaned and empty at the time of the procedure. This will involve a one-day preparation, which is enclosed. Please follow it exactly.

Colonoscopy is a visual test. Unless your colon is very clean, certain abnormalities may be missed. Please be responsible about ensuring a good preparation for your colonoscopy.

Can there be complications?

The risk of colonoscopy complications is small. Nevertheless, there is a possibility of colonic perforation or hemorrhage or adverse reaction to medications. Also, as with any procedure, other unforeseen complications may rarely occur. Please read the attached consent form, this is just a sample for your review. You will be asked to sign one just like it at your procedure.

We hope this helps you understand better the procedure you are scheduled to have.
If you have any further questions, please feel free to call us.