

## *Yale Digestive Diseases*

### *Procedure scheduling:*

*Tel: (203) 785-3789*

*Fax: (203) 785-5572*

Patient's Name \_\_\_\_\_

Appointment Date & Time \_\_\_\_\_

### **Your Colonoscopy Appointment is at this location:**

Temple Endoscopy Center  
40 Temple Street, Suite 4B  
4<sup>th</sup> Floor Temple Medical  
New Haven, CT  
Tel: 203-688-4060

YNHH GI Procedure Suite  
789 Howard Ave.  
3<sup>rd</sup> Floor Dana Medical Bldg  
New Haven, CT  
Tel: 203-688-5458

***PLEASE ARRIVE 60 MINUTES BEFORE THE APPOINTMENT***

## **COLONOSCOPY with Golytely Prep**

### **What is a colonoscopy?**

A colonoscopy is an exam of the large intestine that uses a thin flexible tube called a "colonoscope". The tube is passed into the rectum and transmits images to a television screen. This test allows the doctor to look inside the large intestine from the lowest part (the rectum) all the way to the opening to the small intestine. This procedure is used to look for early signs of colon cancer. It is also used to diagnose other problems in the colon.

### **What will happen on the day of the test?**

When you arrive for the test, a nurse will help you change into a hospital gown. We will ask you to sign a permission form for the test. A nurse will place an IV (intravenous line) into your arm. Then, we will take you to a room where the doctor will do the colonoscopy.

The room will be dark during the colonoscopy. The doctor will give you medicine through your IV to make you sleepy and a thin tube will be inserted gently into your rectum. This tube will transmit images to a monitor where the doctor will see the inside of your colon. You might feel some cramping during the exam because of air that comes into the colon through the tube. The doctor may decide to take a small tissue sample or to remove some polyps. This is not painful.

### **Are there any risks?**

Complications are rare. But when they do occur, they include: bleeding, making a hole in the colon, infection or allergic reactions to the medicine. If complications do occur, you may need to receive treatment or surgery. Please tell your doctor if you have pain, bleeding, black stool or fever after the test.

## Do I need to prepare for my colonoscopy?

Yes. It is very important to prepare for this exam. Please use the following checklist:

### Do these things 5 DAYS BEFORE the colonoscopy:

- Stop taking iron supplements, aspirin, aspirin substitutes (like Motrin, Advil, Ibuprofen etc.) or any other medication that contains aspirin. If you have pain, take acetaminophen (Tylenol). If you are taking any other medicines, like Coumadin or arthritis medications, please ask your doctor.
- Arrange for someone to come with you to the procedure. We will give you medicine that will make you sleepy, so you cannot drive or take a bus home.
- Remember to get your Golytely prescription filled

### Do these things 3 DAYS BEFORE the colonoscopy:

- Confirm your ride.
- *If you need to cancel your appointment call our office at least 3 days prior to the procedure \*see page one for number\**
- Review the diet you will need to follow for the next two days.

### Do these things 1 DAY BEFORE the colonoscopy:

- You must follow a **clear liquid diet on the day before your colonoscopy**. This means that you can not eat any solid or semi-solid foods. This includes only liquids for breakfast. You may only drink clear liquids (liquids that you can see through) like:
  - ✓ Apple Juice, White Cranberry Juice or White Grape Juice
  - ✓ Sodas
  - ✓ Jell-O (**NOT red, purple or orange**)
  - ✓ Popsicles (**NOT red, purple or orange**)
  - ✓ Clear broth
  - ✓ Consomme
  - ✓ Coffee and Tea (without milk or cream)
- **Avoid juices with pulp, milk, cream and any solid foods. Do not have anything red, purple or orange.**
- At 4:00pm drink ALL of the Golytely. Drink a glass or two every 15 minutes until it is gone. To improve the taste, mix up the Golytely ahead of time and refrigerate it.

Golytely is a laxative that will cause you to have many bowel movements. This is necessary so that you have a clean colon for the procedure. If you are having problems drinking all the Golytely, please call your doctor or nurse.

### Do these things the DAY of the colonoscopy:

- Take your normal medicines with a sip of water.
- You can have clear liquids until 3 hours before the colonoscopy.
- Bring your escort/driver with you to the appointment. *(if you do not arrive with an escort we may need you to reschedule the appointment)*

### Hints to make your Prep/Colonoscopy most successful:

- Keep your Golytely Solution well-shaken and well-chilled.
- Keep plenty of clear liquids on hand to drink. Water gets boring and you need to stay hydrated.
- To reduce anal discomfort, use adult wet wipes or water spray to clean instead of toilet paper.
- A good prep will cleanse your bowels until your bowel movements are fairly formless, clear and watery -almost like urine- if this is not occurring and solid stool is still passing, let us know.
- If your prep is not good enough, the colonoscopy and prep will have to be repeated.

*If you have any unusual pain or concerns after the test call (203)785-4138.*