



# testfacts

AN EDUCATIONAL HEALTH SERIES FROM NATIONAL JEWISH HEALTH™

## Colonoscopy NuLyteLy / GoLyteLy® Prep Kit

### What is a colonoscopy?

Your doctor has suggested you have a colonoscopy as part of the evaluation at National Jewish. A colonoscopy allows the doctor to look inside the colon. The colon is the lower portion of the GI tract and is about 5 feet long. Your doctor will use a small flexible tube to see inside the colon. Your doctor may also do a biopsy and remove any polyps (small growths) found inside your colon during the colonoscopy. During a biopsy a small amount of the tissue is taken from the lining of the colon. The polyps and tissue can be studied closely to help determine your diagnosis and the best treatment for you.

### How do you get ready for the test?

Your colon will need to be clean thoroughly to complete the test. If this is not done, we will need to reschedule the test. Your doctor will select the best method for you to clean your colon. Please follow these instructions closely.

### Planning ahead:

- **Inform** your doctor of all the medicines you take. Certain medicines may need to be stopped before the test.
  - **Do not** take aspirin or aspirin containing products for **7 days** before the colonoscopy. These include: Advil, Aleve, Aspirin, Alka-Seltzer, Ecotrin, Ibuprofen, Midol, Motrin, Naprosyn and Naproxen. Ask your doctor if you have any questions.
  - Blood thinners such as Coumadin, Plavix or Lovenox will need to be stopped before your colonoscopy. Ask the doctor who **prescribes** these medicines when to stop them. You will also need to come to the clinic for a blood test (PT-INR) the day before your colonoscopy.
  - Stop any iron containing medicines or supplements 7 days before the colonoscopy.
  - Let your doctor know if you take insulin. The doctor who **prescribes** your insulin may have you change the dose the day before and the day of the colonoscopy.
- Purchase a supply of clear liquids for the day before the test. Clear liquids include Gatorade, strained fruit juice (no citrus), soda, popsicles without fruit or cream, gelatin without fruit, bullion, coffee or tea (without milk).

- Fill your prescription for the NuLyteLy or GoLyteLy at a pharmacy. The kit includes a powder you will mix with water.
- Ask a companion (family member or friend) to pick you up after your colonoscopy and stay with you during the night. You will not be able to drive or take a taxi home after the test.

## The day before the test:

- **No** solid foods the day before and the day of the colonoscopy.
- **Do not** drink anything **red** or **purple**.
- **Do** have clear liquids for breakfast and lunch. Remember, clear liquids include Gatorade, strained fruit juice (no citrus), soda, popsicles without fruit or cream, gelatin without fruit, bullion, coffee or tea (without milk). Avoid drinking only water. Drink plenty of clear liquids **until** you drink the HalfLyteLy.
- **Do** mix the NuLyteLy or GoLyteLy as directed in the morning. Place the mixture in the refrigerator to cool. The mixture will taste better when it is cool.
- **Four – Six pm –Start** drinking the NuLyteLy or GoLyteLy. Drink about 1 full glass every 10-15 minutes until the entire container is empty. You should complete the prep within 3 hours from when you started.
  - **Tips to help the feeling of nausea and bloating:**
    - Take a slightly longer interval between glasses.
    - Walk around the house between glasses.
    - If you vomit, stop the prep for 20 -30 minutes, and then finish.
  - Place Vaseline around the anal area to prevent irritation from the diarrhea.

## The day of the test:

- **Do not eat food or drink any liquids for 4 hours before the test.**
- **Do not** take the medicines your doctor has asked you to hold.
- **Do** take any heart, blood pressure or seizure medicine at least 2 hours before leaving for the test with a few sips of water.
- **Do** bring your inhaled medicine with you. If you have sleep apnea, bring your CPAP mask and machine with you.
- Bring an extra set of clothing with you as sometimes it is needed.
- Check in at the front desk at the time your test is scheduled.

## What is done during the test?

When you arrive the nurse will explain what will be done before, during and after the colonoscopy. If you have any questions, please ask. The nurse will start an IV. The IV will be used to give medicine to make you sleepy and relaxed. You will be monitored closely during the test.

You will lie on your side during the colonoscopy. You may feel some pressure and cramping as the tube is passed slowly in the colon.

Once the colonoscopy is done you will rest. You will be sleepy in the beginning. Your doctor will determine when you are able to go home.

## **How long will the test take?**

Plan on being at National Jewish for at least 3 to 4 hours, although sometimes people stay longer. Remember to have someone pick you up after your colonoscopy and stay with you during the night.

## **How do you get to your test?**

On the day of your scheduled test, check in at the Front Desk. If you have questions please call 303-398-1355. Also, if you need to cancel the appointment or change the time please call.