

1015 S. Hackett Rd.
Waterloo, Iowa 50701
319.234.5990

CedarValleyGI.com



Digestive Health Center

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Colonoscopy Prep Instructions GoLYTELY®

**** There will be instructions on the prescription box that you get from the pharmacy. Please DO NOT use those instructions. Please use the instructions that we provide to you. ****

7 days prior to the exam (unless otherwise instructed) stop taking the following:

Ticlid (ticlopidine) ~ Plavix (clopidogrel) ~ Aggrenox (clopidogrel) ~ Effient (prasugrel)

5 days prior to the exam (unless otherwise instructed) stop taking the following:

Coumadin (warfarin) ~ Iron Supplements ~ Metamucil/Other Fiber Supplements ~ Products that contain olestra

2 days prior to the exam (unless otherwise instructed) stop taking the following:

Pradaxa (dabigatran etexilate) ~ Xarelto (rivaroxaban) ~ Eliquis (apixaban)

**** If you forget to discontinue any of these medications, please call our office between the hours of 8:30 a.m. and 5:00 p.m. or let the nurse know when you arrive for your procedure. It is not necessary to call after normal business hours. ****

****If you are diabetic:****

- Take ½ of your usual dose of diabetic medication or insulin in the morning on the day prior to the exam (your prep day).
- Do not take your evening dose of diabetic medication or insulin on the day prior to the exam.
- Do not take any diabetic medication or insulin on the morning of your exam.
- If you usually do Accu-Chek readings at home, please do one in the morning prior to coming to your appointment on the day of your exam.

The day prior to your procedure:

- Drink only clear liquids the entire day. Your preparation will work better if you drink extra fluids all day, so drink fluids starting first thing in the morning. (Note: If you are on fluid restrictions, please let us know).
- Drink an 8-ounce glass every hour at minimum-(It is important that you drink plenty of liquids to ensure that the laxative will work.)

Night before your procedure: Date: _____

Take a dose of MiraLax in the evening to ensure a good prep. It should not give you diarrhea or interfere with your daily activities. (You can get MiraLax from your local drug store or obtain a complimentary packet from the Cedar Valley Digestive Health Center at 1015 S. Hackett Rd. in Waterloo.)

Things you may have:

Apple juice ~ White grape juice ~ Clear broth ~ Boullion ~ Jello ~ Popsicles ~ Water ~ Black coffee ~ Tea ~ Hi-C ~ Gatorade ~ Lemonade ~ Iced Tea ~ Soda ~ Kool-Aid

Things you may not have:

Solid foods ~ Juices with pulp ~ Alcoholic beverages ~ Milk ~ Milk products ~ Caffeine (Limit 3 per day) ~ Items that are red or purple

1. Continue to drink clear liquids until _____.
2. You may take your heart and blood pressure medications (*take at least 2 hours after the laxative dose*).
3. If you use inhalers, please bring them with you.
4. You must have a driver due to sedation you will receive. You will not be able to drive or work until the next day.
5. Wear loose, comfortable clothes; you may feel bloated after the procedure.

Date of procedure: _____ Arrival time: _____

**** The time that we give you is the ARRIVAL time. The procedure will be roughly one hour after you arrive. ****

**** Plan to be here half the day. ****

**Location: 1015 S. Hackett Rd.
Waterloo, IA 50701**

Follow-up office visit: _____

If you have any questions or concerns, please call our office at 319-234-5990.
Office hours are Monday–Friday from 8:30 a.m.-5:00 p.m., with phones answered 24 hours per day for emergencies.

You may also visit our patient portal website at **www.MyHealthAtCVMS.com**.

Please notify your insurance carrier of your upcoming outpatient procedure so that you are aware of your benefits.