

Colonoscopy Procedure Preparation Using GoLytely®, NuLytely® or CoLyte®



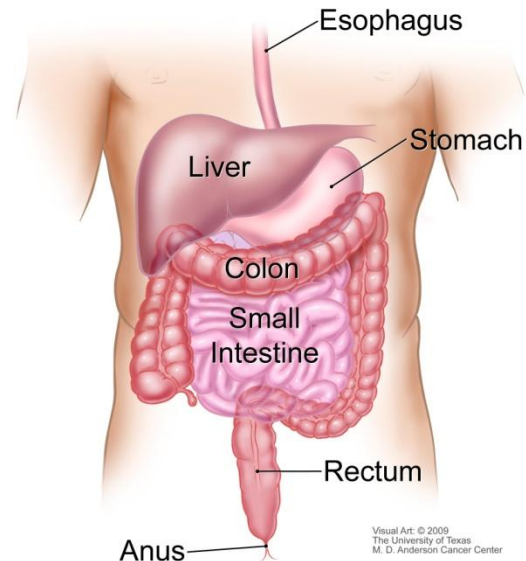
This handout gives a condensed version of instructions for preparing for a colonoscopy procedure. If you have diabetes or are taking Plavix®, Coumadin® or other blood thinners, you should follow a different set of instructions that is available from your nurse or by calling the endoscopy department at 713-792-2329.

You are scheduled for an examination of your colon, called a colonoscopy. You must clean out your colon the day and evening before the procedure (see image). This handout will explain how to prepare for the colonoscopy. Please follow these instructions carefully.

Because you will receive sedation medicine to make you sleepy during the procedure, please arrange for a responsible adult to come with you to your appointment. **If you do not, your procedure will be postponed.**

Items You Will Need

- The preparation (prep) solution - Brands of bowel preparation solution include: GoLytely®, NuLytely® and CoLyte®. You will need a prescription to buy the solution. If you do not have a prescription, call the endoscopy department at 713-792-2329 between 8 a.m. and 5 p.m.
- Dulcolax® laxative tablets – These can be purchased without a prescription at drug stores, pharmacies and grocery stores.
- Clear liquids – These are liquids that you can see through, such as water, tea, broth and sports drinks (like Gatorade® and Powerade®)
- A laxative – If you have problems with constipation, take a laxative, such as milk of magnesia, two days before the procedure or before drinking the solution.



The colon and nearby organs in the digestive system

The Day before the Procedure

1. Drink only clear liquids; do not eat solid food.
2. At noon, take two Dulcolax tablets with a large glass (more than 8 ounces) of clear liquids.
3. At 4 p.m., take two more Dulcolax tablets with a large glass of clear liquids.
4. At 4:30 p.m., start drinking the first 2 liters of the bowel prep solution. Try to drink 8 ounces every 10 to 20 minutes. Place the remaining 2 liters in the refrigerator.
5. If you have discomfort from gas, you may take Gas X[®] or a simethicone tablet, both are available over-the-counter at drug and grocery stores.

The Day of the Procedure



1. In the morning, take two Dulcolax tablets and drink the remaining two liters of the solution. It is important to finish drinking the solution **three hours** before your scheduled appointment time. If your procedure will include TIVA (total intravenous anesthesia), you must finish all the solution **six hours** before your appointment time.
2. **Do not** eat or drink after you finish the solution.
3. Bring all your medicines in their bottles with you to your appointment.
4. Nurses will help you prepare for the procedure and help you when you are recovering. Plan to stay at the hospital at least four hours.
5. You can resume your normal diet after the procedure.

If you have questions about these instructions, call the endoscopy department at 713-792-2329.

Chemotherapy Patients

If you received chemotherapy one to two weeks before your scheduled colonoscopy, you will need to have a blood test called a complete blood count (CBC) with differential. This should be done twenty-four (24) hours before the procedure. If you live outside of Houston, you may have your blood test at a clinic near you and have the results faxed to your primary clinic at MD Anderson. A member of your health care team will review the results to determine if you will be able to have the colonoscopy or if the colonoscopy will be rescheduled.

Home Care



- If you have irritation in your anal area, use medicated pads (such as Tucks[®]) and petroleum jelly (such as Vaseline[®]) to help soothe the skin.
- **Do not** drive a car, operate machinery or go to work, until the day after your colonoscopy.
- A nurse or physician assistant will call you the next business day after the procedure to ask how you are feeling and to discuss follow-up care. If you do not receive a call within seven days, please call the endoscopy department at 713-792-2329.

Medical Problems or Emergencies

Call the endoscopy department at 713-792-2329 or your endoscopist (the doctor who performed the colonoscopy) at 713-794-5073 between 8 a.m. and 5 p.m. if you:

- Have a temperature of 101°F (38.3°C) or higher any time during the first 72 hours after the procedure
- Vomit any blood or have any rectal bleeding
- Have severe abdominal pain

A doctor from the gastrointestinal (GI) center is available after clinic hours and on weekends. If you have an urgent need during these times, call 713-792-2121 and ask the operator to page the GI fellow on call.

For medical emergencies after normal business hours and on weekends and holidays, please call 911 or go to the nearest hospital emergency center. MD Anderson's Emergency Center is open 24 hours a day, every day. From Holcombe Boulevard, turn at Entrance Marker 3. The entrance is on Bates Street near Garage 2. From inside the Main Building, go to Floor 1, near The Fountain, Room P1.3000.

For non-emergencies during business hours, please call your care center.

Colonoscopy Procedure Preparation Using GoLyte[®], NuLyte[®] or CoLyte[®] With Additional Instructions for Patients Who Have Diabetes or Taking Blood Thinners

All patients scheduled for a colonoscopy can use these instructions to properly prepare for the procedure. If you have diabetes or take Coumadin[®], Plavix[®] or other blood thinners pay close attention to specific sections concerning your condition or medicine.

A colonoscopy is a test in which your doctor looks at the inner lining of your large intestine, also called colon (see image). This is done using an instrument called a colonoscope, which is a long, flexible, lighted instrument. The colonoscope is inserted through the anus and is gently guided through the colon.

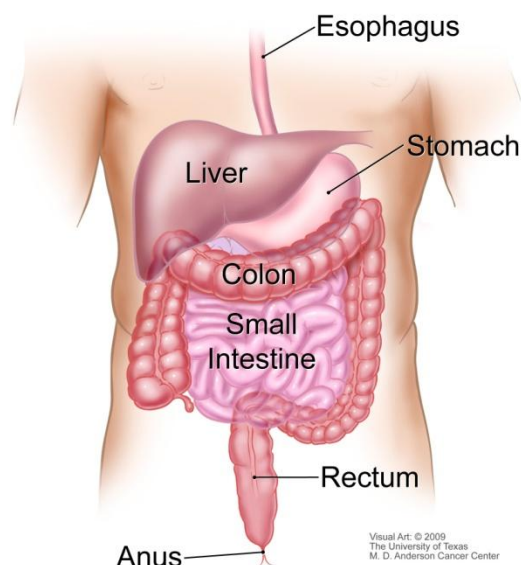
During your colonoscopy, the doctor may take a small amount of tissue (called a biopsy) from the inside of your colon for examination under a microscope. Polyps (flat lesions that grow on the lining of the colon) may be removed. Other procedures may be performed to control or prevent bleeding or stretch an area that is narrowed.

Sometimes, due to the shape of the patient's colon, the doctor cannot examine the entire colon. If this is your case, the doctor will arrange for an X-ray of the colon to complete the exam.

Tell your nurse or doctor if you are pregnant.

Preparation for Your Procedure

The following information will help you prepare for the procedure. Please carefully follow these instructions.



The colon and nearby organs in the digestive system

- Tell your doctor about all the drugs you take, including over-the-counter medicines, herbs and vitamins.
- **If you have diabetes**, please clarify with your doctor whether you need to adjust the way you take your insulin or other medicines to control blood sugar.



- You may receive sedation medicine intravenously (through a vein in your arm) that will make you sleepy during the test. You must have an **adult family member or friend come with you** to sign you out, take you home or to your hotel and help care for you. **If you do not** have a responsible adult with you, your appointment will be postponed.

If an adult family member or friend is not available to come with you, you may want to use a caregiver service that is available for a fee and requires a minimum of four hours. A caregiver service can provide a variety of services after your procedure and help you when you return home.

For information on companies that provide caregiver services, contact MD Anderson's Department of Social Work at 713-792-6195.

Five Days before Your Procedure

To help lessen the risk of complications and blood clots, you may need to change the way you take blood thinners before the procedure.

Instructions for Patients on Plavix® or Effient®



If you are scheduled for one of the extended procedures listed below and take Plavix (clopidogrel) or Effient (prasugrel), please ask your cardiologist or internist if it is okay to stop this medicine. If your cardiologist approves, stop Plavix or Effient **five days** before the procedure. If your cardiologist or internist does not approve of stopping the medicine, call the endoscopy department at 713-792-2329 and ask to speak with a nurse. You may also contact the endoscopist who will perform your procedure or his or her physician assistant (PA) by calling 713-794-5073.

Continue taking aspirin as prescribed by your doctor. If you do not take aspirin, consider taking a baby aspirin (81 milligrams) daily in place of Plavix or Effient (if you stop taking Plavix/Effient). Taking aspirin will help reduce the risk of blood clots during the procedure.

Extended endoscopic procedures – Group A:

- Colonoscopy with polypectomy (examines the colon and removes a polyp)
- Dilation of a stricture (procedure to help stretch a narrowed or closed area)
- EGD with placement of a stent (a flexible metal tube is inserted to help open a blocked or narrowed area)
- EGD to treat Barrett's Esophagus (treatment using heat or cold to remove tissue in the esophagus)
- Endoscopic mucosal resection (procedure to remove lesions in the digestive system)
- ERCP with sphincterotomy (examines and treats the bile ducts and pancreas)

- EUS with fine needle aspiration (a procedure that removes a tissue sample using ultrasound)
- PEG (procedure for placing a feeding tube)
- Treatment of esophageal varices (treatment for enlarged veins in the lower part of the esophagus)

Instructions for Patients on Coumadin®



For Group B procedures – If you are scheduled for one of the procedures listed below, and take Coumadin (warfarin), have your weekly blood test (protime INR) the week before the procedure. If the blood test shows that your protime INR is above 3, contact the doctor who prescribed the Coumadin or call the endoscopy department at 713-792-2329 to speak with a nurse. You may also contact the endoscopist who will perform your procedure or his or her physician assistant (PA) by calling 713-794-5073.

Endoscopic procedures (Group B):

- EGD with biopsy (examines the esophagus and stomach and removes a small tissue sample)
- Colonoscopy with biopsy (examines the colon and removes a small tissue sample)
- EUS (examines organs in the digestive system)
- ERCP with stent insertion (procedure to insert a stent into the bile duct to help it drain)



For extended endoscopic procedures (Group A) – If you take Coumadin and are scheduled for a procedure listed in **Group A** (see “Extended procedures” list on **page 2**), ask your cardiologist or internist if it is okay to stop this medicine. If your cardiologist approves, **stop taking Coumadin five days** before the procedure. Your primary MD Anderson doctor or cardiologist may require you to take other blood thinners, such as Lovenox®, during this time. If you have questions, please call the endoscopy department at 713-792-2329 and ask to speak with a nurse. You may also call the endoscopist who will perform your procedure or his or her physician assistant (PA) by calling 713-794-5073.

You may continue taking aspirin before your procedure.

Use this chart to help you take your blood thinners.

Type of Procedure	Instructions if You are Taking Plavix	Instructions if You are Taking Coumadin
Group A	<p>Stop taking five days before procedure, if this is okay with your cardiologist.</p> <p>Begin taking your usual dose of Plavix the day after the procedure.</p>	<p>Stop taking five days before if this is okay with your cardiologist.</p> <p>Your cardiologist or primary MD Anderson doctor may prescribe other blood thinners for you at this time.</p> <p>After the procedure, resume your usual dose of Coumadin</p>

Type of Procedure	Instructions if You are Taking Plavix	Instructions if You are Taking Coumadin
		that evening, unless you receive other instructions from the endoscopy staff.
Group B	Continue taking daily dose	Check INR level

Buy These Items Before You Begin the Bowel Prep

Medicines	Food and Drinks Allowed
<ul style="list-style-type: none"> • Bowel preparation solution -Your doctor, the assigned physician assistant (PA) or designated health care provider will give you a prescription for the recommended solution. Call your doctor if you have not received a prescription or lost your prescription. You can purchase the solution from a drug store or pharmacy. Three brands of bowel preparation solution are available: GoLytely®, NuLytely® and CoLyte®. Read the instructions carefully. All brands work the same way, but some are flavored. • Milk of magnesia (optional; discuss this with your doctor) • Dulcolax® laxative tablets – These can be purchased without a prescription at drug stores, pharmacies and grocery stores. • Gas X® or simethicone tablets – These can be purchased without a prescription at drug stores, pharmacies and grocery stores. 	<ul style="list-style-type: none"> • Clear liquids: water, tea, coffee and sports drinks (like Gatorade® or Powerade®) • Lemon-flavored drink mix, such as Crystal Light® • Milk and cereal (for breakfast only, the day before the procedure) • Fruit juice without pulp • Jell-O® (any color but red and without fruit) • Soups: Fat-free chicken or beef broth, consommé, bouillon and clear soups without meat and vegetables



You need to **completely empty your colon**. If you do not, you may have to repeat the exam at another time. Body waste (called stool) in the colon can hide diseases and tumors and may cause the procedure to last longer than usual. To improve the outcome, efficiency and safety, please follow the preparation instructions as carefully and completely as possible.

Bowel Preparation

Two Days Before the Procedure	
<ul style="list-style-type: none"> • If you have problems with constipation, discuss this with your doctor. Your doctor may suggest drinking 1 ounce (30 ml) of milk of magnesia so that you are not constipated on the day you begin taking the preparation solution. • Do not take Metamucil® and do not eat foods with small seeds such as bread with sesame seeds, kiwi and cucumbers. 	
Day Before the Procedure	
6-8 a.m.	<ul style="list-style-type: none"> • Eat a light breakfast. You can: 1) eat cereal without nuts, with milk; 2) drink

	juice without pulp and coffee or tea; and 3) drink all the clear liquids you like. <ul style="list-style-type: none"> • You may take routine medicine unless your doctor gave you other instructions. • Prepare the bowel preparation solution and chill it in the refrigerator until ready to use at 4:30 p.m. If the solution is not flavored, you may add one or two packets of lemon-flavored drink mix, such as Crystal Light®.
Noon	<ul style="list-style-type: none"> • Take two Dulcolax laxative tablets and drink two large glasses of clear liquids, such as water, iced tea, soda or ginger ale. • Limit your lunch to liquids only. You are allowed liquids and clear soup of any kind without meat and vegetables.
4 p.m.	<ul style="list-style-type: none"> • Take two Dulcolax laxative tablets and drink two large glasses of clear liquids, such as water, tea, sports drinks or ginger ale.
4:30 p.m.	<ul style="list-style-type: none"> • Begin drinking 2 liters of the bowel preparation solution. Drink one 8-ounce glass (0.25 liter) of the solution every 10 to 20 minutes until you have drunk 2 liters of solution. (Store the rest of the solution in the refrigerator for the next morning.) It is best to keep the liquid chilled and drink each glass quickly rather than slowly sipping it. Most of the fluid will move through your system in an hour. The solution will cause you to have many liquid bowel movements, so stay close to toilet facilities. If you vomit while drinking the solution, stop for one hour, and then begin drinking again. If you vomit again, stop the prep and call your doctor for instructions. Plain hot tea may help settle your stomach. • Chew one Gas X or simethicone tablet to help relieve gas bubbles.

Morning of the Procedure

If your procedure is scheduled before 12 noon, take two Dulcolax laxative tablets and drink the remaining 2 liters of solution by 4 a.m. **or**

If your procedure is scheduled after 12 noon, take two Dulcolax laxative tablets and drink the remaining 2 liters of solution by 8 a.m.



Do not eat or drink anything other than the solution before you leave home.

Day of the Procedure

Before You Leave Home	At the Hospital
<ul style="list-style-type: none"> • It is okay to take routine prescription medicines such as blood pressure and pain medicines with a small amount of water unless your gastroenterologist or anesthesiologist tells you otherwise. • If you have diabetes, please follow your doctor's instructions about taking your medicine. Check your fasting blood sugar level and report this number to the nurse when you arrive in the Endoscopy department. 	<ul style="list-style-type: none"> • Be prepared to spend half a day at the hospital. There may be many reasons why your appointment runs late. Our goal is to provide the best care for all of our patients. • The medical team will: <ul style="list-style-type: none"> – Explain the procedure to you – Answer any questions you have – Ask you to sign a consent form before the procedure begins and – Check your blood pressure, pulse and breathing rate

<ul style="list-style-type: none"> • Bring a list of all your medicines, including over-the-counter medicines, herbs and vitamins. • Dress in loose-fitting, comfortable clothing. Wear shoes with a closed toe, a closed heel and a sturdy sole, such as sneakers. For women having a menstrual period, it is okay to wear a tampon. Leave all jewelry and valuables at home. MD Anderson is not responsible for lost or stolen items. The Endoscopy clinic does not have lockers available to store personal items. • Check your arrival time on your patient appointment schedule. At this time, report to the endoscopy department located in the Main Building, Floor 5, near Elevator C. • You will need to bring a responsible adult with you to your appointment who can take you home. Your appointment will be canceled if you do not have a responsible adult with you. Your family member, friend or sitter should remain in the Endoscopy clinic during your procedure and recovery (usually 1 ½ to 2 hours). 	<ul style="list-style-type: none"> • In the procedure room, you will receive medicine through an IV that will make you more comfortable during the colonoscopy. An IV is a small tube through which you receive fluids and medicine. You will feel sleepy, but you will wake up easily after the procedure. • If you have pain, tell your doctor or nurse. A nurse and a doctor will remain with you during the procedure. <p>After the Procedure</p> <ul style="list-style-type: none"> • You will be moved to a recovery area where you will stay until most of the effects of your medicine have worn off and your doctor or nurse believes it is safe for you to leave. • If you received sedation medicine, you will be allowed to go home with the assistance of your adult family member, friend or sitter. • Your doctor will tell you when you may eat and drink after the procedure and give you any special instructions on diet, medicine and home care.
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Chemotherapy Patients

If you received chemotherapy one to two weeks before your scheduled colonoscopy, you will need to have a complete blood count (CBC) with differential 24 hours before the procedure. If you live outside of Houston, you may have your blood test at a clinic near you and have the results faxed to your primary clinic at MD Anderson. A member of your health care team will review the results to determine if you will be able to have the colonoscopy or if the colonoscopy will be rescheduled.

Home Care



- If you have irritation in your anal area, use medicated pads (such as Tucks[®]) and petroleum jelly (such as Vaseline[®]) to help soothe the skin.
- **Do not** drive a car, operate machinery or go to work, until the day after your colonoscopy.
- A nurse or physician assistant will call you the next business day after the procedure to ask how you are feeling and to discuss follow-up care. If you do not receive a call within seven days, please call the endoscopy department at 713-792-2329.
- If tissue was removed from your colon, call your doctor five business days after the procedure for the results.

Medical Problems or Emergencies

Call the endoscopy department at 713-792-2329 or your endoscopist (the doctor who performed the colonoscopy) at 713-794-5073 between 8 a.m. and 5 p.m. if you:

- Have a temperature of 101°F (38.3°C) or higher any time during the first 72 hours after the procedure
- Vomit any blood or have any rectal bleeding
- Have severe abdominal pain

A doctor from the gastrointestinal (GI) center is available after clinic hours and on weekends. If you have an urgent need during these times, call 713-792-2121 and ask the operator to page the GI fellow on call.

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For non-emergencies during business hours, please call your care center.