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Tips to improve your bowel preparation for colonoscopy

A better bowel preparation not only reduces the risk of complications, it provides a better view of the colon. Therefore, reducing the chance of missing lesions.

Golytely is the safest preparation available. It is recommended that you use good quality water (spring or distilled is preferred) for the solution. Tap water or other sources may contain more minerals and salts as well as chlorine which may make solution taste worse.

Most people like to drink the solution cold but it is your choice to select the temperature appropriate for you.

It is normal to feel cold while preparing for your colonoscopy. Use warm liquids like tea or clear broth to help with that feeling.

Drink this solution at your own pace. This is not a race and we do not want you to finish the solution early. The later you finish the solution and closer to the time of your procedure the clearer your bowels will be fine.

Drink one glass every 30 minutes to 1 hour. Chase the solution with other clear liquids of your choice like soda, water, wine, beer, black coffee, juices, broth (cold or hot). Some people find it beneficial to drink the solution through a straw. Also, chewing gum while drinking the solution may help. You may have hard candy of your choice; it may help tolerate the Golytely.

You may experience nausea and/or vomiting. If it occurs take a break for 1-2 hours and restart drinking your solution.

You should drink the entire gallon of fluid.

You should drink your last glass 6 hours prior to the time of your procedure.

Example: If you are scheduled for an 8:00 am procedure you may want to finish the last glass of solution around 2:00 am.

Alternative: If you are at a good stage by 10:00 pm, you may go to sleep and set an alarm for 3-4 hours later and restart drinking the rest of the fluids.

If your procedure is later in the day you will want to split the solution, half or three quarters the night before and then the remaining 6 hours prior to your procedure time. This will allow for a better bowel preparation.

ALWAYS remember: Do not finish the Golytely Solution too early. If you are able to tolerate and can drink it faster than you thought, take a break for a few hours and restart the solution later(basically split the dose).

The time of starting bowel movements once starting the solution may vary from person to person. Keep drinking the solution. Some cramping may be normal but should not be severe.

Apply large amounts of Destin Cream to the anal area before drinking the solution. This will avoid irritation of the anal skin, bleeding and hemorrhoid flare. You may reapply cream after several bowel movements. Toilet paper is irritating to the anal skin as it contains chemicals like bleach. Pat more than rubbing to clean up after each bowel movement.

Avoids NUTS, seeds, corn and leafy vegetables as well as potato skins and skins from most fruit. Avoid mushrooms.

All these products are poorly digested and tend to stay in the colon despite drinking Golytely. Large particles cannot be easily suctioned by the scope and may even clog the scope interfering with the procedure and possibly interfering with the visualization of the colon.

Start a low residual diet 2 to 3 days before the procedure: white rice, white pasta, white bread, eggs, cheese, meat, potatoes without skin and only cooked soft vegetables.

If you are normally constipated consider adding some OTC laxatives 2 days prior to your procedure to start moving things around(Magnesium Citrate or Milk of Magnesia, Miralax or other PEG 3350 products). Laxatives like Dulcolax or Senna are discouraged as they can cause significant spasms and pain. If tolerated before it, they can be used.

Avoid liquids that are BLUE or PURPLE in color(like blue Gatorade). Red, Green, and Orange colors are fine.