

## **PREPARATION FOR CT VIRTUAL COLONOSCOPY GOLYTELY PREP WITH STOOL TAGGING**

Included in this package:

- A. GoLytely Prescription
- B. Tagitol V

**1. One week before your Virtual Colonoscopy:** Avoid eating foods that contain seeds, nuts, hulls, berries, or kernels (such as popcorn, poppy seeds, tomatoes, cucumbers, etc.).

**2. Purchase:** GoLytely bowel prep kit from your pharmacy. The prescription slip is included.

**3. One day before the exam:**

- For breakfast, start a clear liquid diet (see end of these instructions for sample items). With your breakfast drink one 20mL bottle of Tagitol V.
- Continue clear liquid diet for lunch. Drink one 20mL bottle of Tagitol V. To be sure you don't get dehydrated try to drink one 8 ounce serving of clear liquids EVERY HOUR while awake. If you are taking INSULIN the dosage many need to be adjusted; please consult your doctor.
- Continue clear liquid diet for dinner and drink the last 20mL bottle of Tagitol V.

**Follow these instructions for the GoLytely Prep:**

- **5pm:** Prepare the solution according to the instructions on the bottle. It is more palatable if chilled. Drink 8 oz. every 10 minutes, consuming half the gallon in total. Rapid drinking of each portion is better than drinking small amounts continuously. The first bowel movement should occur approximately one hour after the start of GoLYTELY administration. You may experience some abdominal bloating and distention before the bowels start to move. If severe discomfort or distention occur, stop drinking temporarily or drink each portion at longer intervals until these symptoms disappear. Continue drinking until the watery stool is clear and free of solid matter. If there is continued solid material in your stool after you have had  $\frac{1}{2}$  the gallon of the solution, drink another  $\frac{1}{4}$  gallon.

**Do not eat or drink anything after midnight.** You may take your routine medications with sips of water unless they require solid food to accompany them. If you are taking INSULIN the dosage may need to be adjusted the day prior and the morning of the test. Contact your physician for instructions regarding dosage.

**4. 15 minutes before your appointment time Report to Reception 3Z** at Dartmouth Hitchcock Medical Center in Lebanon, NH for your Virtual Colonoscopy.

- If you take Blood Pressure or Heart medication, or Prednisone or other steroids, take it before 7 AM with a sip of water on the day of the test.

**Note: The Golytely bowel preparation is normally used by patients with kidney disease, heart disease or a several year history of high blood pressure or diabetes. Do not take any other laxatives.**

**Sample Clear Liquid Diet Items:**

Water

Clear broths (chicken, beef, vegetable)

Juices with no pulp (apple, prune, grape, cranberry, lemonade)

Clear beverages (sodas, Tea, Coffee)

Ice / Jell-O (Clear Jell-O, Popsicles without fruit, Italian Ices)

*Avoid:* Milk, cream, milkshakes, orange juice, tomato juice, cream soups, Oatmeal, Cream of Wheat.