

Preparing for a procedure with UVA Digestive Health, Endoscopy

We are so glad that you chose us to provide your care. Please note that UVA performs endoscopic procedures at two locations. You can confirm the location of your procedure by referring to your appointment reminder letter. Please follow the endoscopy guidelines and bowel preparation instructions below to help make for a successful experience:

- **You must have a driver** who is 18 years or older present at check in and discharge **if you plan on having sedation for your procedure.** If you do not have a driver with you at check in, we will need to reschedule your appointment. You will not be discharged unless this person is in the unit. Because your judgment may be impaired after this procedure, you will not be released to take public transportation, a taxicab, or even walk home without another responsible adult present to accompany you.
 - The entire appointment may take at least 1 to 3 hours to complete.
 - For your comfort, you may like to make arrangements for someone to stay with you at home after your procedure
- **Please leave all jewelry and personal items at home.** If you bring jewelry to your appointment, we may have to ask you to remove it.
- **Please do not wear contactlenses.**
- Bring your CPAP machine. Sedation or anesthesia during your procedure is like sleeping but much deeper. It is very important to use your CPAP during the procedure to maximize you breathing safely. This is true even if you rarely use your CPAP
- Contact the provider that ordered your procedure for further instructions if you take medications for the following:
 - Diabetes
 - Blood thinners (other than aspirin)
- If you must cancel or reschedule your appointment, please call the UVA Endoscopy scheduling team as soon as possible at: (434) 924-9999.

Bowel Preparation Instructions - GoLYTELY Extended

Two Weeks Before Your Procedure:

- Call your pharmacy two weeks prior to your procedure. Tell them you are ready for them to fill your prescription for the bowel prep kit.

Five Days Before Your Procedure:

- Start a low fiber diet. See the food list on Page 3.
- Stop iron, including vitamins that contain iron.
- Have plenty of clear liquids available at home. See Page 4.
- If you wish, buy soft toilet paper, moist wipes or external ointment.

Two Days Before Procedure:

Taking Your Prep- Do not follow directions on the bottle. Follow directions given to you by your doctor or nurse

- At 8:00 am** you should have two jugs. **Do not combine jugs**, mix them separately. Add water up to the fill line of the bowel prep jugs. Mix well and place in refrigerator.
- What You Eat**, Have a light breakfast (eggs, yogurt, white toast, Ramen noodles, etc.). Avoid all cereals, fruit, seeds, nuts and meat products.
- After your light breakfast drink only clear liquids for the entire day. Be sure to drink at least 8 tall glasses (about 8-10 ounces each) of clear liquids throughout the day. It is important that you drink plenty of liquid during the day. Follow the lists on Page 4.
- Start drinking your first jug of bowel prep at **5:00PM**. You will need to drink 1 cup (8oz) of prep solution every 10-15 minutes until HALF of first jug is finished. Drink at least 16 ounces of additional clear liquids before bedtime.
- Stay close to a bathroom. Cleaning your colon causes diarrhea.

One Day Before Procedure:

- At 12:00 PM** begin to drink the other half of your first jug of bowel prep.
- You will need to drink 1 cup (8oz) of the prep every 10-15 minutes until you have finished the other half.
- At 6:00 PM** begin to drink the second jug.
- You will need to drink 1 cup (8oz) of the prep every 10-15 minutes until **HALF** of the second jug is gone.
- Drink only clear liquids all day. **Do NOT eat** any solid foods or milk products. Be sure to drink at least 12 tall glasses (about 8-10 ounces each) of clear liquids throughout the day in addition to what you drink with your bowel prep.

Day of Procedure:

- Begin drinking the rest of your second jug of prep **5 hours** before you leave home. You will need to drink 1 cup (8oz) of prep solution every 10-15 minutes until the other HALF of your second jug is finished.
- Continue drinking clear liquids up to 2 hours before coming to UVA. See Page 4.

LOW RESIDUE / LOW FIBER DIET

Start this diet FIVE DAYS before your procedure. You will return to your regular diet after the procedure.

FOODS TO EAT	FOODS TO AVOID:
<p>BREADS/GRAINS</p> <ul style="list-style-type: none"> • Refined breads, toast, rolls, biscuits, muffins, crackers, pancakes, and waffles. • Enriched white or light rye bread or rolls. Saltines, Melba toast • Refined ready-to-eat cereals such as puffed rice and puffed wheat Cooked refined wheat, corn, or rice cereal • Strained oatmeal, grits and farina • Refined cold cereals made from rice, corn or oats (Rice Krispies, Cornflakes, Cheerios) • White rice, refined pasta, macaroni, noodles <p>VEGETABLES:</p> <ul style="list-style-type: none"> • Most tender cooked and canned vegetables without seeds such as carrots, asparagus tips, beets, green or waxed beans, pumpkin, spinach, squash (acorn) without seeds, potato (no skin), pureed or cooked strained lima beans, and peas (no skin) <p>FRUITS:</p> <ul style="list-style-type: none"> • Most canned or cooked fruits, fruit cocktail, avocado, canned applesauce, apricots, peaches, pears (all without skin and seeds), pureed plums and ripe bananas • Strained fruit juice <p>MILK/DAIRY:</p> <ul style="list-style-type: none"> • Milk, mild cheese, cottage cheese Yogurt (no berries) • Ice Cream (no fruit or nuts) <p>*limit milk/milk products to 2 cups per day</p> <p>MEAT:</p> <ul style="list-style-type: none"> • Ground or well-cooked, tender beef, lamb, ham, veal, pork, fish, shellfish, poultry (no skin), and organ meats, eggs • Smooth peanut butter <p>FAT/SNACKS:</p> <ul style="list-style-type: none"> • Margarine, butter, vegetable oils, mayo, cream substitutes, Crisp bacon • Plain gravies, and salad dressings • Chocolate • Broth, strained cream soups (no corn) made with allowed ingredients <p>MISC:</p> <ul style="list-style-type: none"> • Salt, soy sauce, ketchup • Mild spices in moderation, white sauce Sugar, honey, jelly, syrup • Lemon juice, vinegar, vanilla and other flavoring extracts Coffee, tea, carbonated beverages and fruit drink (without pulp) 	<p>BREADS/GRAINS</p> <ul style="list-style-type: none"> • Any bread product made with whole-grain flour or graham flour, bran, seeds, nuts, coconut, or raw or dried fruit, cornbread, and graham crackers Any whole-grain, bran, or granola cereal, oatmeal and cereal with seeds, nuts, coconut or dried fruit Bran, barley, brown and wild rice <p>VEGETABLES:</p> <ul style="list-style-type: none"> • Raw vegetables and vegetables with seeds, sauerkraut, winter squash, and peas <p>FRUITS:</p> <ul style="list-style-type: none"> • Raw or dried fruit, all berries, Prune juice <p>MILK/DAIRY:</p> <ul style="list-style-type: none"> • Yogurt containing fruit skins or seeds <p>MEAT:</p> <ul style="list-style-type: none"> • Tough fibrous meats with gristle, shellfish with tough connective tissue • Meats prepared with whole-grain ingredients, seeds, or nuts • Dry beans, legumes, peas and lentils Chunky peanut butter • Raw clams and oysters <p>FAT/SNACKS:</p> <ul style="list-style-type: none"> • Any made with whole-grain flour, bran, nuts, seeds, coconut, or dried fruit • Nuts, and popcorn • Raisins, seeds, seed spices, pickles, olives, Spicy mustards, and relish • Highly spiced salad dressings • Jam or marmalade with nuts and seeds <p>MISC:</p> <ul style="list-style-type: none"> • Beverages and gelatins that are red or purple in color up to 24hrs. prior to procedure

CLEAR LIQUID DIET

Begin this diet ONE DAY before your procedure. You will return to your regular diet after the procedure.

Drink/Eat	Do not drink
<ul style="list-style-type: none">• Water (plain, carbonated or flavored)• Fruit juices without pulp, such as apple or white grape juice• Fruit-flavored beverages, such as fruit punch or lemonade• Carbonated drinks, including dark sodas (cola and root beer)• Gelatin (Jell-O)• Tea or coffee without milk or cream• Sports drinks• Clear, fat-free broth (bouillon or consommé)• Honey or sugar• Ice pops without ANY milk, bits of fruit, seeds or nuts	<ul style="list-style-type: none">• Anything red or purple. These liquids can look like blood in the colon.• Milk• Artificial creamers• Fruit or vegetable smoothies• Alcohol

FREQUENTLY ASKED QUESTIONS

Why Is It Important To Get Cleaned Inside? Your doctor must be able to see in order to complete the exam. If your colon is “dirty” on the inside, your doctor may not be able to see important things like polyps or cancer.

Is My Prep Working? The bowel movement coming out should look like the fluids you are drinking – clear without many particles. You know you are done when the bowel movement coming out is yellow, light, liquid, and clear, like urine.

What are the effects of the “bowel prep?” You will have lots of diarrhea from the bowel prep. This will start anywhere from a few minutes to 3 hours after you start your prep. Many people have bloating, abdominal discomfort, and/or nausea. Some people do not like the taste or smell of the medicine. Please do not let this get in the way of taking the medicine as directed.

Rarely, some people throw up while taking the prep. If you throw up, stop taking the prep for 30-60 minutes. Then try taking the prep again. If you are unable to finish the bowel prep, your colon may not be clean enough for your exam.

My prep hasn't started working yet. What do I do? Different people respond differently to the bowel prep. If you have waited more than 3 hours without a response, then it may not be working well. Be sure you are drinking enough fluids. If that doesn't work, drink the second part of your prep and continue to drink fluids. It should work eventually. Call the **UVA Endoscopy Unit at (434) 924-9999** after 8 am on the morning of your procedure if the medicine is still not working.