

# COLONOSCOPY PREP INSTRUCTIONS FOR PATIENTS WITH CYSTIC FIBROSIS

The inside of your intestine must be clean in order to allow examination of the colon for presence of any growths and abnormalities, as well as their biopsy or removal. The cleansing presents an extra challenge in patients with cystic fibrosis and these instructions are specifically designed for patients with this disease. Please review these instructions carefully well in advance. A number of tips are included in order to make this part of the procedure as comfortable as possible. ***Please arrive with an adult who can drive you home after the exam (not a taxi or a bus).***

## Colonoscopy Prep at a Glance

### 1 WEEK PRIOR

- Fill your prescription for GoLyteLy and 2 tablets of Bisacodyl (Dulcolax) at the pharmacy.
- Arrange for a driver to take you home on the day of the exam.
- If you have diabetes, check with your doctor regarding diet and medication instructions.
- Please discontinue fiber supplements, iron supplements including multivitamins, and blood thinners such as coumadin and Plavix.

### 3 DAYS PRIOR

- Begin restricted, low-residue diet

### 2 DAYS PRIOR

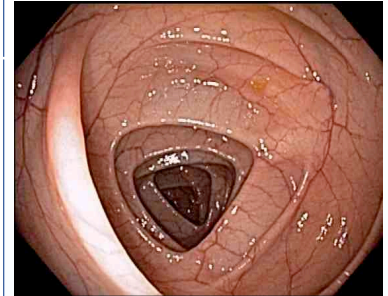
- Drink to be well hydrated, this is important.
- Discontinue non-steroidal anti-inflammatory medications (NSAIDs), as these drugs may increase the risk of bleeding.
- Drink one 10 oz Magnesium Citrate (one bottle) at 4 PM

### 1 DAY PRIOR

- Plan on being at home this day.
- You can have a few items from low-residue diet before noon, but only clear liquids are allowed after that.
- Take 3 tablets of bisacodyl at 10 AM.
- Mix GoLyteLy solution as directed on the container. You may put it in the refrigerator to chill before drinking.
- At 3 PM start drinking eight 8-oz glasses of the solution, each every 10-15 minutes. Drink the next 8 glasses at 8 PM.

### PROCEDURE DAY

- Drink the final set of eight glasses of the GoLyteLy at 7 AM.
- You may take your morning medications. You can have clear liquid breakfast.
- You can have clear liquid breakfast but stop drinking at 4 hours prior to the procedure.
- Be sure to bring a driver.
- Please do your nebs and airway clearance therapy in the morning prior to the procedure



## Colonoscopy GoLyteLy Prep:

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# ONE WEEK PRIOR

1. **Arrange for a responsible adult to drive you home on the day of the exam.** This cannot be a taxi or a bus as you will need someone with you after the procedure.
2. Be sure to tell the doctor who ordered the colonoscopy if you are on Coumadin or Plavix. These medication need to be discontinued. However, you may need special instructions. **If you are on Coumadin, you will need to have your INR checked the day before the procedure in your doctor's office.**
3. If you have diabetes, you should request an early morning appointment.
4. Discontinue iron supplements and multivitamins.
5. Colonoscopy is an examination of the lining of your colon, or large intestine. It is critical that the colon is free from stool during the exam. You will have to take an oral laxative solution to clean out your colon. **Fill your prescription for GoLytely (2 gallons), a bottle of Magnesium Citrate, and 2 Bisacodyl (Dulcolax) tablets at the pharmacy.**
6. The colonoscopy prep solution will lead to watery diarrhea, which can often cause irritation and burning in the peri-anal area. When you're picking up the prep prescription at the pharmacy, we are recommending that you also **get the following products, which are available over the counter:**
  - a) One of these creams or ointments: Vaseline, Aquaphor, or diaper rash cream/zinc oxide.
  - b) Tucks or Fleet relief pads.
7. It is very important that you stay well hydrated during the colonoscopy prep. The large volume of the bowel-cleansing liquid is designed to clean your colon, but it will not provide hydration. While you're getting the prescribed prep and the above mentioned recommended products, you may also **get 64 oz of Gatorade or similar sports drink product (avoid red and purple).**
8. Discontinue fiber supplements.

## 3 DAYS PRIOR

Begin Restricted, Low-Residue Diet  
and continue until noon the day before the procedure

### FOODS TO AVOID

- **Corn in any form**
- **Raw vegetables such as brussels sprouts, cabbage, broccoli, onions, cauliflower, beans, peas, winter squash, sauerkraut**
- **Foods with seeds**
- **Whole wheat breads and cereals**
- **Brown or wild rice**
- **Granola**
- **Raisins and dried fruit**
- **Berries**
- **Popcorn**
- **Raw fruit**

### SUGGESTED FOODS

#### Breads and Starches:

- White bread, roll, biscuit, plain crackers
- White rice
- Skinless potatoes
- Low fiber cereals such as Rice Krispies

#### Meat and other:

- Chicken, Turkey
- Fish or seafood
- Eggs

#### Fruit:

- Applesauce, pearsauce
- Soft honeydew, cantaloupe
- Ripe banana
- Canned fruit without seeds or skin

#### Vegetables

- You may have cooked or canned vegetables without seeds

## 2 DAYS PRIOR

- Remember to discontinue additional medications that may increase your risk of bleeding. These include non-steroidal anti-inflammatory medications, or **NSAIDs**. Examples of **NSAIDs** include, but are not limited to:

~ **Ibuprofen, Advil, Motrin, Aleve, Naproxen, Anaprox, Nuprin**

- At 4 pm drink one bottle of Magnesium Citrate (10 oz).
- Continue the restricted, low fiber diet.
- Make sure to stay well hydrated. Drink at least 4 large glasses of Gatorade or similar sports drink such as All-Sport, Powerade, etc.

# 1 DAY PRIOR - TAKING THE LAXATIVE

1. You can continue to eat items contained in the low residue diet until noon. After that you should change to a clear liquid diet only.
  - Please avoid any red or purple items
  - Clear liquid diet items are listed below (on the next page)
2. **Take 2 Bisocodyl (Dulcolax) tablets at 10 AM.** This medication is a laxative and stimulates your colon.
3. **You will start drinking the first 8 glasses of the GoLyteLy prep at 3 pm.** Drink one glass every 10-15 minutes. The following are some of the tips that will help you tolerate it better.
  - Most people agree that bowel preps taste better if chilled. We suggest putting the mixed GoLyteLy solution in the refrigerator first. You might wish to chill the glass as well. However, large amounts of very cold liquids can cause discomfort and nausea. You may remove the GoLyteLy solution from the refrigerator about 15-30 minutes before drinking.
  - Unflavored preps are generally better received. You might squeeze some lemon juice into it.
  - Drink the prep quickly. Do not sip in small amounts. A good pace is one 8 oz glass every 10-15 minutes.
  - You may find that drinking through a straw is better tolerated because it avoids contact of the salty liquid with your taste buds.
  - Rinse your mouth with water, clear soda, or mouthwash after drinking.
  - If you wish, you can suck on hard candy or lollipops (no red or purple).
4. You will likely start having frequent liquid bowel movements within an hour of drinking GoLyteLy. The liquid diarrhea can irritate the peri-anal area. The following are some of the tips to avoid a sore bottom:
  - Avoid rubbing. Instead, pad gently with a wet washcloth or pre-moistened wipe, or rinse with water.
  - Apply protective cream or ointment such as Vaseline, Aquaphor, or zinc-oxide after each trip to the bathroom.
  - Refrigerated Tucks or Fleet relief pads are excellent for wiping.
5. **Drink another set of 8 glasses of GoLyteLy at no earlier than 8 PM.** The split dosage is very important for optimal results.
6. The prep will not keep you hydrated. You should continue drinking large amounts of clear liquids throughout this day - **please see the next page for description of clear liquid diet.**
7. If you have diabetes and take evening insulin, take one half of your usual evening dose of NPH, Lente or Novolin 70/30 or Lantus insulin. **DO NOT TAKE** Regular or Humalog insulin the evening prior to your test. If you take Ultralente insulin or are taking three or more injections per day, please contact the health care provider who manages your diabetes for specific instructions.
8. **If you were on coumadin, you should have your INR checked today or tomorrow morning at your doctor's office.**

# CLEAR LIQUID DIET

- Sports drinks such as Gatorade, All-Sport, Powerade, etc.
- Coffee, tea, water
- Pulp-free juices
- Lemonade from powdered mixes
- Fruit-flavored drinks, such as Kool-Aid, Crystal Light, etc.
- Carbonated beverages and soda
- Fat-free broth, bouillion
- Plain or flavored gelatins
- Fruit Ices, Italian ices
- Sorbet
- Popsicles without milk or added fruit pieces
- Clear liquid nutritional supplements, e.g., Enlive, Resource Breeze, Carnation Instant Breakfast Juice Drink (not regular Carnation Instant Breakfast)
- Honey
- Sugar
- Hard candy

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## **AVOID:**

### **ALCOHOLIC BEVERAGES**

**RED OR PURPLE COLORED ITEMS** – please make sure that is true for all suggested items above, including the clear liquid diet.

# THE DAY OF THE COLONOSCOPY PROCEDURE

1. **Drink another set of 8 glasses of GoLyteLy at approximately 7 AM.**
2. You can have clear liquid breakfast. **Stop drinking liquids 4 hours before the test.**
3. Take your usual morning medications other than the ones mentioned earlier. Please see instructions for diabetes medications below.
4. If you have **asthma**, please bring your inhalers with you.

If you have **diabetes** and take oral diabetes medications, do not take it the morning of your test.

If you have **diabetes** and take insulin, take one half of your usual morning dose of NPH, Lente or Novolin 70/30 or Lantus insulin. **DO NOT TAKE** Regular or Humalog insulin the morning of your test. If you take Ultralente insulin or are taking three or more injections per day, please contact the health care provider who manages your diabetes for specific instructions.

**Please do your nebs and airway clearance therapy (vest) in the morning prior to your procedure**

**Make sure you have a driver to take you home after the procedure. You will get sedative medications and you will be unable to drive until the day after the test. You will need someone with you after the procedure. Therefore, a taxi or a bus cannot replace a responsible adult driver. The endoscopy staff will need to actually see the driver before starting the procedure. If for some reason the driver cannot come into the building, the nursing staff will need to call the driver to verify that he or she will be available.**

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