

GoLYTELY™ and Readi-Cat™ will help you prepare for your procedure by cleansing your lower intestinal tract. It is important that you follow and complete all directions carefully.

Take only the food and fluids in the amounts specified, and at the times shown, unless otherwise instructed by your doctor. Continue to take your regularly scheduled medications.

DIABETIC PATIENTS: Please consult with your prescribing physician regarding your diabetic medications prior to commencing this bowel-cleansing regimen.

Individual responses to laxatives vary so remain close to toilet facilities once you have started the bowel cleansing procedure.

5 DAYS BEFORE YOUR PROCEDURE:

- Pick up a prescription for 1 bottle of 450 mL of Readi-Cat and GoLYTELY from the Radiology Dept.
- Pick up the GoLYTELY and Readi-Cat from the pharmacy.
- Begin a low-fiber diet, (see attached document). Do not eat nuts, seeds, peas, beans, popcorn, corn, etc. Discontinue fiber supplements such as Metamucil, Citrucel, Fiberall, etc.

TWO DAYS BEFORE YOUR PROCEDURE:

- Noon: Low fiber diet followed by ½ of the bottle of Readi-Cat

ON THE DAY BEFORE YOUR PROCEDURE:

- Breakfast / Lunch / Dinner: Clear liquid meal

Mix the GoLYTELY solution. Add water to the “fill line” on the bottle. Cap the container and shake it to dissolve the powder. The solution will be clear and colorless. The solution needs to be refrigerated. The solution should be used within 24 hours of adding water. No additional ingredients should be added to the solution. You may continue to drink additional fluids as needed (juices, water, and sports drinks).

- 6:00 PM: Shake the GoLYTELY container well. Drink one 8-ounce glass every 10 minutes as tolerated until you finish **half of the solution**. A watery bowel movement should begin approximately one hour after starting the preparation. You will still have loose bowel movements for about 1 to 2 hours after you finish the solution.
- 9:00 PM: Drink the remaining ½ bottle of Readi-Cat

DO NOT EAT AFTER 9:00 P.M.

ON THE DAY OF THE PROCEDURE:

Finish drinking the GoLYTELY solution: Finish drinking the remainder of the GoLYTELY preparation solution, one 8-ounce glass every 10 minutes, no later than three hours before your colonoscopy appointment. It is recommended that you begin drinking 4-5 hours before your appointment time.

STOP DRINKING ALL FLUIDS THREE HOURS BEFORE THE PROCEDURE!

If you have any questions about the preparation instructions, please feel free to call us at 703-558-6479.

**YOU NEED TO COMPLETE THE ENTIRE PREPARATION
TO MAXIMIZE THE QUALITY OF THE STUDY**

CLEAR LIQUID DIET

A clear liquid meal may consist of clear soup (any broth); strained fruit juices without pulp; flavored gelatin that is not red (do not add extra ingredients); soft drinks, black coffee or plain tea.

**DO NOT USE MILK, CREAM
OR NON-DAIRY CREAMER.**

Low Fiber Diet

- Discontinue all fiber supplements, including Metamucil, Citrucel, Fiberall, etc.

Foods Allowed

- Enriched white bread, pasta and noodles, white rice, potatoes without skin
- Canned or well cooked vegetables without skin or seeds
- Canned fruit or fresh fruit without skin or membranes
- Tender meat, chicken, or fish

Foods to Avoid

- Any foods containing seeds, nuts, or popcorn
- Raw vegetables with a skin, seeds, corn, broccoli, cabbage, dried beans or peas
- Whole grain bread or pasta, brown or wild rice, cereal such as oatmeal, shredded wheat and granola
- Fruit with skins
- Tough meat with gristle
- Fatty foods

When this Medicine Should Not Be Used (Contraindications)

Patients with certain serious problems with your colon, including complications of colitis, infectious or inflammatory colitis (i.e. Ulcerative colitis or Crohns colitis), or a blocked colon should not take this medication and should contact their doctor.

Warnings When Using This Medication

Tell your doctor if you are pregnant or breastfeeding, or if you have kidney problems, digestion problems, trouble swallowing, or a mineral imbalance. Tell your doctor if you have angina, heart failure, heart disease, a recent heart attack, or a history of seizures or heart rhythm problems (such as an arrhythmia or prolonged QT).

This medicine may cause the following problems: dehydration, heart rhythm problems, seizures, colon ulcers, ischemic colitis.

Possible Side Effects

Call your doctor right away if you notice any of these side effects:

- Allergic reaction: itching or hives, swelling in your face or hands, swelling or tingling in your mouth or throat, chest tightness, trouble breathing
- Chest pain
- Confusion, weakness, and muscle twitching
- Decrease in how much or how often you urinate
- Dry mouth, increased thirst, or muscle cramps
- Fast or uneven heartbeat
- Lightheadedness, dizziness, or fainting
- Seizures
- Severe stomach pain or bloating, bloody or black stools

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