

## Colonoscopy — GoLYTELY® Prep

### Colonoscopy

A colonoscopy is a procedure that lets your health care provider see your large intestine (colon). This procedure is done using a long, flexible tube (a “scope”) that passes into your rectum and through your colon.

The procedure takes about 15 to 30 minutes.

### The Week Before Your Procedure

- You may receive a phone call from a nurse within 1 week of your procedure.
- Tell your primary care provider if you:
  - take warfarin (Coumadin®, Jantoven®) or any type of blood thinners
  - take insulin or a diabetes pill. He or she may want to change your dosages.
- **Three days before your procedure,** stop taking iron pills or iron supplements. Do not eat popcorn, seeds or nuts.

## Kev Kuaj Xyuas Sab hauv Txoj Hnyuv Qhov Quav — GoLYTELY® Kev Npaj

### Kev Kuaj Xyuas Sab hauv Txoj Hnyuv Qhov Quav

Ib txoj kev kuaj sab hauv txoj hnyuv yog ib txoj kev kuaj mob uas cia koj tus kws kho mob saib sab hauv koj txoj hnyuv loj (colon). Txoj kev kuaj xyuas no yog siv ib txoj yas me me, uas hu ua ib txoj yas thaj duab mus rau ntawm koj qhov quav thiab mus rau hauv koj txoj hnyuv loj.

Txoj kev kho mob no yuav kav li 15 mus rau 30 na this.

### Lub Lim Piam Ua Ntej Koj Txoj Kev Kuaj Mob No

- Tej zaum ib tug nais maum yuav hu xov tooj tuaj rau koj li 1 lim piam tom qab koj txoj kev kho mob no.
- Qhia koj tus thawj kws kho mob yog tias koj:
  - noj cov tshuaj (Coumadin®, Jantoven®) los sis ib yam tshuaj twg uas ua rau koj cov ntshav sab tuaj
  - txhaj cov tshuaj insulin los sis noj tshuaj rau ntshav qab zib. Tej zaum nws yuav xav pauv seb koj noj ntau npaum li cas.
- **Peb hnub ua ntej koj txoj kev kuaj mob,** tsum tsis noj cov ntsiav tshuaj ntxiv hlau los sis khoom ntxiv roj ntshav. Tsis txhob noj paj kws, noob los sis txiv qhib.

- Tell the health care provider performing your procedure if you:
  - are allergic to any medicines or latex
  - are pregnant
  - have bleeding after surgery.
- ☐ **Arrange to have someone drive you home and stay with you for 24 hours after your procedure.** You will not be able to drive after your procedure. You cannot take public transportation home alone.
- You will not be able to return to work after the procedure.

## Two Days Before Your Procedure

- ☐ Fill your prescription for GoLYTELY® at your pharmacy.

## The Day Before Your Procedure

- For the entire day: follow a clear liquid diet. A clear liquid diet consists of water, clear broth or bouillon, soda pop, sports beverages, gelatin (no red gelatin), frozen ice treats on a stick, coffee or tea, and fruit juices without pulp (apple, white grape). You may also have hard candy. **Do not eat solid food.**
- Drink at least 8 glasses of water.
- **Do not drink:** tomato juice; orange juice; any red-, orange-, purple- or dark blue-colored liquids; alcoholic beverages; milk or non-dairy creamer. **Do not eat any solid food.**
- You may use healing ointment (Vaseline®, Desitin®) on the area around your anus to protect your skin from getting sore.

- Qhia tus kws kho mob uas tab tom uas txoj kev kuaj mob no yog tias koj:
  - phiv rau ib yam tshuaj twg los sis cov yas latex
  - xeeb ib plab me nyuam
  - los ntshav tom qab ib txoj kev phais twg.
- ☐ **Npaj kom muaj leej twg tsav tsheb xa koj mus tsev thiab nrog koj nyob rau 24 xaub moos tom qab koj txoj kev kho mob.** Koj yuav tsis muaj cuab kav tsav tsheb tom qab koj raug phais tas. Koj caij tsis tau cov tsheb npav los sis tsheb ciav hlau mus tsev koj ib leeg xwb.
- Koj yuav tsis muaj cuab kav rov qab mus ua hauj lwm tom qab txoj kev kuaj mob no.

## Ob Hnub Ua Ntej Koj Txoj Kev Kuaj Mob No

- ☐ Nqa koj daim ntawv mus nqa cov tshuaj GoLYTELY® nyob tom koj qhov chaw muag tshuaj.

## Hnub Ua Ntej Koj Txoj Kev Kuaj Mob No

- Rau tag nrho hnub ntawd: tsuas pub haus tej yam dej ntshiab huv. Txoj kev haus tej yam dej ntshiab huv txhais tau hais tias haus dej dawb, kua zaub los sis kua nqaij, dej pev xij, cov dej uas haus thaum ntaus kis las, cov kua nplaum (tsis pub noj cov kua nplaum uas yog xim liab), dej khov nab kuab uas yus yaim, kas fes los sis tshuaj yej, thiab dej txiv hmab txiv ntoo uas tsis muaj txos (txiv as paum, txiv hmab dawb). Koj kuj noj tau cov khob noom tawv. **Tsis txhob noj cov tseem zaub mov.**
- Haus tsawg kawg nkaus 8 khob dej dawb.
- **Tsis txhob haus:** dej txiv lws suav; dej txiv kab ntxwv; ib yam dej twg uas yog xim liab-, kab ntxwv-, xim paj yeeb liab- los sis xim xiav; dej cawv; mis nyuj los sis cov khoom mis nyuj xyaw kas fes. **Tsis txhob noj mov kiag li.**
- Koj muaj cai pleev cov tshuaj pleev (Vaseline®, Desitin®) rau ntawm koj lub qhov quav pab kom tsis txhob mob los sis ntse.

- ❑ At 3 p.m.: mix GoLYTELY by following the instructions on the box.
  - You can add 2 tablespoons of drink mix such as Crystal Light® to the powder before adding the water to make it taste better.
  - Drink 8 ounces of the mixture every 10 to 15 minutes until half of the GoLYTELY is gone.

## The Day of Your Procedure

- Take any other regular medicines with a small sip of water the morning of your procedure.
- ❑ 4 hours before your arrival time: Drink the remaining half of the GoLYTELY.
- You may have clear liquids up to 4 hours before you are scheduled to arrive for your procedure.
- When you arrive for your procedure, check in at the registration desk.
- Your driver should plan on staying in the facility during your procedure.
- You will be asked to wear a hospital gown and slippers.
- A nurse will review your medical history with you. You will be asked to sign a consent form.
- A nurse will insert an intravenous (IV) line into your hand or arm.

## Will It Be Uncomfortable?

- You will be given medicine through an IV line to help you relax and reduce your pain. The medicine may put you to sleep.
- You may feel cramping and gas-like pain.

- ❑ Thaum 3 teev tsaus ntuj: muab cov tshuaj GoLYTELY xyaw ua ke raws li lawv sau tseg hauv lub thawv ntawv.
  - Koj mam li ntxiv 2 diav hmoov Crystal Light® rau cov hmoov no ua ntej xyaw hauv dej kom nws thiaj qab me ntsis.
  - Haus 8 ooj cov dej no txhua 10 mus rau 15 na this txog thaum twb haus ib nrab cov dej GoLYTELY no.

## Hnub uas ua Koj Txoj Kev Kuaj Mob No

- Noj koj txhua yam tshuaj tsuas pub haus dej me ntsis rau thaum sawv ntxov yuav ua txoj kev kuaj mob no.
- ❑ 4 xuab moos ua ntej koj tuaj txog: Haus ib nrab hwj tshuaj GoLYTELY uas seem tshuav ntawd.
- Koj muaj cai haus cov dej ntshiab huv mus txog 4 xuab moos ua ntej lub sij hawm uas teem tseg rau koj tuaj ua txoj kev kuaj mob no.
- Thaum koj tuaj txog yuav ua txoj kev kuaj mob no, cia li mus ua ntaub ntawv.
- Tus neeg uas tsav tsheb xa koj mus tsev yuav tsum nyob twj ywm hauv lub tsev kho mob thaum koj tab tom raug kev kuaj no.
- Lawv yuav hais kom koj hnav lub tsev kho mob ib lub tsho tshaj sab thiab ib nkawm thoom thaub.
- Ib tug nais maum yuav nrog koj tham txog koj keeb kwm mob nkees. Lawv yuav hais kom koj sau npe rau ib daim ntawv tso lus.
- Ib tug nais maum yuav tso ib txoj yas (IV) hauv ib txoj leeg ntshav ntawm koj txhais tes los sis txhais caj npab.

## Puas Yuav Mob?

- Yuav txhaj ib co tshuaj rau koj txoj yas IV no kom pab koj nyob tswm thiab tsis tshua hnov mob. Tej zaum cov tshuaj no yuav ua rau koj tsaug zog.
- Tej zaum koj yuav mob plab chaub thiab zoo nkaus li tsam plab.

- Take slow deep breaths to help you relax.
- Tell your health care provider or nurse if you are uncomfortable.

## After Your Procedure

- **You must have someone drive you home and stay with you for 24 hours after your procedure.** If you do not have an adult to drive you home, your procedure will be canceled. You cannot take public transportation home alone.
- Do not return to work after your procedure.
- You may resume your normal foods, beverages and medicines.
- Your stools may not return to normal for 3 to 5 days.
- Your health care provider will talk with you about any problems.

## If You Had a Polyp Removed or Other Biopsy Taken

- Look for signs of bleeding such as black or red stools. You may have bleeding up to 2 weeks after your procedure.
- You will receive your results in 1 to 2 weeks.

## When to Call Your Health Care Provider

Call your health care provider if you have one or more of the following after your procedure:

- any unusual abdominal or shoulder pain
- temperature higher than 100.5 F
- chills
- rectal bleeding.

- Maj mam ua tej pa hlob hlob kom koj nyob tswm.
- Qhia koj tus kws kho mob los sis nais maum yog tias koj tsis xis nyob.

## Tom Qab Koj txoj Kev Kuaj Mob No

- **Koj yuav tsum muaj leej twg tsav tsheb xa koj mus tsev thiab nrog koj nyob li 24 xwab moos tom qab koj txoj kev kho mob.** Yog koj tsis muaj ib tug neeg laus nrog koj tuaj uas yuav xa koj mus tsev, ces lawv yuav tsis ua koj txoj kev kuaj mob no. Koj caij tsis tau cov tsheb npav los sis tsheb ciav hlau mus tsev koj ib leeg xwb.
- Tsis txhob sim rov qab mus ua hauj lwm tom qab txoj kev kuaj mob no.
- Koj mam li rov qab noj mov, haus dej thiab noj tshuaj li koj ib txwm noj.
- Tej zaum yuav yog li 3 mus rau 5 hnuv koj cov quav yuav rov qab tawv li qub.
- Koj tus kws kho mob yuav nrog koj tham txog ib yam teeb meem twg.

## Yog tias Tau Txiaiv Ib Hlww Nqaij Tawm los sis Tshem Ib Qho Nqaij Coj Mus Kuaj

- Xyuas seb puas muaj tej cim uas qhia tias yus los ntshav ib yam li yus cov quav dub nciab los sis liab liab. Tej zaum koj yuav los ntshav li 2 lim piam tom qab koj txoj kev kuaj mob no.
- Yuav yog 1 mus rau 2 lim piam koj mam li kawm seb lawv kuaj tau li cas.

## Yuav Tsum Hu Koj tus Kws Kho Mob Thaum Twg

Hu koj tus kws kho mob yog tias koj muaj ib los sis ob peb yam nram qab no tom qab koj txoj kev kuaj mob no:

- mob plab txawv txav los sis mob ntawm koj lub xub pwg
- kub taub haus tshaj 100.5 F
- ua daus no
- los ntshav ntawm lub qhov quav.

## Your Procedure

Location: \_\_\_\_\_

Health care provider: \_\_\_\_\_

Date: \_\_\_\_\_

Arrival time: \_\_\_\_\_ a.m. / p.m.

Procedure time: \_\_\_\_\_ a.m. / p.m.

Phone number: \_\_\_\_\_

Call the phone number above if you have questions about your procedure. If you need to cancel or reschedule, please call at least 24 hours before your procedure.

## Koj Txoj Kev Kuaj Mob

Qhov chaw twg: \_\_\_\_\_

Tus kws kho mob: \_\_\_\_\_

Hnub tim: \_\_\_\_\_

Tuaj txog thaum: \_\_\_\_\_

teev sawv ntxov / teev tsaus ntuj

Yuav ua txoj kev kuaj mob thaum:

\_\_\_\_\_ teev sawv ntxov

/ teev tsaus ntuj

Naj npawb xov tooj: \_\_\_\_\_

Hu tus naj npawb xov tooj saum toj no yog koj muaj lus nug dab tsi hais txog koj txoj kev kuaj mob. Yog tias koj tuaj tsis tau los sis xav rov qab teem caij rau lwm lub sij hawm, thov kom koj hu tuaj li 24 xuab moos ua ntej koj txoj kev kuaj mob no.