

GOLYTELY PREPARATION INSTRUCTIONS

PROCEDURE LOCATION: _____ DATE: _____ Check-In Time: _____

Physician: _____ *NOTICE: Please wear loose, comfortable clothes. Do not wear tights or nylons. Support persons welcome in the pre-op and recovery areas. They are welcome to remain in the waiting room during your procedure. We encourage a support person be present during the discharge consultation at the time of discharge.*

7 days before your procedure	2 Days before your procedure	The Day before your procedure	Procedure Day
<ul style="list-style-type: none"> • If you are currently taking : Ticlid, Persantine, Aggrenox-stop for 10 days prior to procedure. Plavix-stop for 7 days. Coumadin (Warfarin Sodium)-stop for 5 days. Lovenox-stop 1 day prior or per prescribing MD’s orders. IF NOT ABLE TO STOP, CALL OUR OFFICE AS SOON AS POSSIBLE!!! • SEVEN DAYS PRIOR TO YOUR PROCEDURE AVOID: Aspirin, Advil (Ibuprofen), Nuprin, Aleve (Naproxen Sodium). Tylenol (acetaminophen) is acceptable. • Avoid: Fish oil, Vitamin E, Ginger, Garlic supplements. The foods are ok. • Purchase GOLYTELY® BOWEL PREP KIT with a prescription. 	<ul style="list-style-type: none"> • Do Not eat: fruits, vegetables, popcorn, nuts or seeds for 2 days prior to your procedure. Discontinue Olestra (Olean). • Discontinue fiber supplements such as Metamucil, Citrucel, Benefiber, etc. You may continue to eat fiber-containing foods. • IF you tend to be constipated, or sometimes need laxative, take 2 tablespoons of Milk of Magnesia @ 6pm. • Confirm your ride home. Remember, you cannot drive yourself home. No public transportation unless accompanied by a responsible adult. <p>If you need to cancel or reschedule your procedure, call us asap.</p>	<ul style="list-style-type: none"> • You may not have anything solid to eat today. • Clear liquid diet. NOTHING RED OR PURPLE! See attached diet sheet for acceptable beverages. Increase fluid intake to prevent dehydration. Drink enough to keep urine clear, not yellow. <p>At 1pm, fill 4 liter container of prep w/water to the fill line. Store in refrigerator until 3pm. If a tablet came with your kit, take it at 1pm. Starting at 3pm, drink one 8oz glass of prep every 10 minutes until half gone. If you get nauseated you may slow to one 8oz glass every 15-20 minutes until half gone.</p> <ul style="list-style-type: none"> • See Colonoscopy hints and reminders (enclosed) <p>**DRINK 8 GLASSES WATER PER DAY THIS WEEK**</p>	<p>Drink the remaining half of prep 4 hours prior to leaving home on the morning of your procedure.</p> <p>NOTE: DO NOT DRINK ANYTHING ELSE TODAY ONCE YOU FINISH THE PREP. STOP ALL INTAKE ONE HOUR BEFORE YOU ARRIVE.</p> <p>You may take your medications with a sip of water. Nothing else.</p> <ul style="list-style-type: none"> • Make sure your ride knows where to pick you up. No Taxi or public transportation. No driving until the morning after your procedure.