

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	The Day 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"> You may not have anything solid to eat today. Clear liquid diet. Increase fluid intake to prevent dehydration. Drink enough to keep urine clear, not yellow. <p>A clear liquid is defined as any liquid you can shine a light through, that is not foggy or cloudy</p> <ul style="list-style-type: none"> If you need to cancel or reschedule your procedure, call us asap. <p>**DRINK 8 GLASSES OF WATER PER DAY THIS WEEK**</p>	<p>BEVERAGES: Apple juice, white grape juice, white cranberry juice, strained lemonade or limeade, tea (no milk, cream or nondairy creamer), water, carbonated and non-carbonated soft drinks, Kool-Aid and Gatorade.</p> <p>DESSERTS: Italian ices, ice-popsicles, Jell-O without whipped topping or fruit, and hard candy.</p> <p>SOUP: Clear broth or bouillon without noodles, vegetables, etc.</p> <p>At 10am, fill 4 liter container of prep w/water to the fill line. Store in refrigerator until 1pm. If a tablet came with your kit, take it at noon. Starting at 1pm, drink one 8oz glass of prep every 10 minutes until gone. If you get nauseated you may slow to one 8oz glass every 15-20 minutes until gone. After finishing, drink plenty of clear liquids until midnight.</p>	<p>NOTE: You must finish drinking the final glass of clear liquid by midnight the night before your procedure.</p> <p>You may take your medications with a sip of water. Nothing else.</p>