

Golytely Double Prep - Colonoscopy Prep Instructions

Your bowel prep is very important. Read all instructions carefully before beginning your prep.

The preparation instructions provided here differ from those included with your medication. Do not follow the instructions on the medication packaging. Instead, carefully follow these specific instructions and disregard any others from clinics or hospitals.

<p>1 week before</p>	<ul style="list-style-type: none"> • Read all instructions carefully and call our office if you have any questions. • Purchase the following: <ul style="list-style-type: none"> <input type="checkbox"/> Golytely (bowel prep) prescription from your pharmacy. <input type="checkbox"/> Zofran (anti-nausea) prescription if your doctor recommended this. <input type="checkbox"/> Clear liquids – see clear liquid guidelines on page 2 • Arrange for someone to pick you up after your procedure. • Adjust medications for weight loss, diabetes, or blood thinners - see the Medication Alert for a list of medications. Call our office for instructions if you are taking these medications. • Stop eating any visible seeds, nuts, or whole grains. • Stop taking vitamins, fiber supplements, and herbal supplements. • Stop taking NSAIDs – Ibuprofen, Aleve, Voltaren, Celebrex, Toradol, Mobic, Motrin • Reduce Aspirin to 81mg a day. • Plan to remove facial and body piercings before arriving at the facility. Failure to do so could result in your procedure being canceled. 		
<p>Medication Adjustments</p>	<ul style="list-style-type: none"> • Stop the following medication(s) on (date) _____. ○ _____ • You may resume the medication(s) the day after your procedure. 		
<p>2 days before</p>	<ul style="list-style-type: none"> • Discontinue Alcohol • Confirm your ride • Drink plenty of fluids – try to drink 2 liters (about 8-10 glasses) a day. • Eat smaller meals – see below for foods you should avoid or are ok to eat • Start liquid-only diet if you are diabetic <u>and</u> taking: Ozempic, Rybellus, Wegovy, Mounjaro, Zepbound, Byetta, Bydureon, Trulicity, or Victoza <table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 50%; vertical-align: top;"> <p>Avoid High Fiber Foods:</p> <ul style="list-style-type: none"> • Raw fruits and vegetables • Whole grain bread & crackers • Seeds, nuts, granola • Whole grains, bran, quinoa, oatmeal • Popcorn • Brown or wild rice • Beans, peas, lentils • Coconut • Jam, marmalade • Olives, pickles, relish </td> <td style="width: 50%; vertical-align: top;"> <p>Ok to Eat:</p> <ul style="list-style-type: none"> • Potatoes without the skin, canned or cooked carrots, mushrooms, asparagus tips, turnips • White bread, white pasta and rice • Saltine crackers • Eggs • Well-cooked lean meat (turkey, chicken, lamb) • Fish or Shellfish • Dairy (milk, butter, cheese, yogurt, cream, ice cream without nuts) • Corn flakes, puffed rice, cream of wheat cereals </td> </tr> </table>	<p>Avoid High Fiber Foods:</p> <ul style="list-style-type: none"> • Raw fruits and vegetables • Whole grain bread & crackers • Seeds, nuts, granola • Whole grains, bran, quinoa, oatmeal • Popcorn • Brown or wild rice • Beans, peas, lentils • Coconut • Jam, marmalade • Olives, pickles, relish 	<p>Ok to Eat:</p> <ul style="list-style-type: none"> • Potatoes without the skin, canned or cooked carrots, mushrooms, asparagus tips, turnips • White bread, white pasta and rice • Saltine crackers • Eggs • Well-cooked lean meat (turkey, chicken, lamb) • Fish or Shellfish • Dairy (milk, butter, cheese, yogurt, cream, ice cream without nuts) • Corn flakes, puffed rice, cream of wheat cereals
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<p>At 4:00pm 2 days before</p>	<ol style="list-style-type: none"> 1. Fill container of GOLYTELY with lukewarm water to the fill line and mix well. Store in the refrigerator until 6:00pm. 2. If a tablet came with your kit, take it now. 3. Starting at 6pm – continue instructions on the next page. 		

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<p>2 days before cont.</p>	<p>Beginning at 6:00pm that same day (2 days before your procedure).</p> <ol style="list-style-type: none"> 1. Drink 8oz of the GOLYTELY solution every 15 minutes until the gallon is finished. It is important that you get all the fluid down without vomiting. 2. If you feel nauseated, wait 30 minutes and resume drinking, slow down the drinking rate. Do this one time only.
<p>1 day before</p> <p>At 1:00pm the afternoon before your procedure</p> <p>At 6:00pm the night before your procedure</p> <p>Remainder of the evening</p>	<p>Start clear liquid diet when you wake up – do not eat breakfast! See below for acceptable clear liquids. Avoid red or purple liquids.</p> <p style="text-align: center;"><u>Items NOT Okay to Eat or Drink</u></p> <ul style="list-style-type: none"> • Solid foods • Bone Broth • Dairy/Milk • Alcohol • Anything colored red or purple <p style="text-align: center;"><u>Items Okay to Eat or Drink</u></p> <ul style="list-style-type: none"> • Clear vegetable, chicken or beef broth/bouillon • Clear protein drinks such as Premier Protein Clear and Ensure Clear • Flavored gelatin/Jell-O without fruit • Gummy bears or hard candy • Clear sports drinks (Gatorade, Powerade, Propel, etc.) • Clear Juices (apple or white grape) • Coffee or tea – no cream or milk • Water (sparkling, plain, seltzer, flavored) • Coconut water • Soft drinks • Crystal Light • Italian Ice, plain popsicles (no pureed fruit, gelato, or sherbert) <p>• PREPARE GOLYTELY PREP</p> <ol style="list-style-type: none"> 1. Fill container of GOLYTELY® with lukewarm water to the fill line and mix well. 2. Store mixture in the refrigerator until 6:00 pm. 3. If a tablet came with your kit, take it now. <p>• START GOLYTELY PREP</p> <ol style="list-style-type: none"> 1. Drink 8oz of the GOLYTELY® solution every 15 minutes until it is half gone (2 liters). 2. It is important that you get all the fluid down without vomiting. If you feel nauseated, wait 30 minutes and resume drinking, slow down the drinking rate. Do this one time only. 3. Store the remaining half of the liquid in the refrigerator for the next day. <p style="text-align: center;">CONTINUE TO DRINK A LOT OF WATER OR CLEAR LIQUIDS ALL EVENING. This is a necessary step to ensure adequate hydration and an effective prep.</p>
<p>Procedure day</p>	<p style="text-align: center;">6 hours before your check-in time</p> <p>CONTINUE GOLYTELY PREP</p> <ol style="list-style-type: none"> 1. Take the remaining 2 liters of GOLYTELY by repeating steps 1-2 from the night before. You must finish the liquid at least 3 hours before your check-in time. <ul style="list-style-type: none"> • Call the clinic after 6am if your bowel output is still brown/cloudy. • Stop all use of cigarettes, e-cigarettes, chewing tobacco and marijuana. • CONTINUE CLEAR LIQUID DIET UNTIL 3 hours prior to your check-in time. • You may take necessary medications with a small sip of water <p style="text-align: center;">3 hours before your check-in time</p> <ul style="list-style-type: none"> • STOP ALL FOOD AND DRINK (including chewing gum, mints, hard candies, etc) until after your procedure. Having fluids in your stomach, even a lot of saliva, increases your risk for vomiting and possibly aspirating fluid into your lungs while you are sedated. • Wear loose, comfortable clothing. Remove all jewelry and piercings and leave valuables at home.