

## Golytely Bowel Prep Colonoscopy Split Dosing Instructions

**\*\*\*READ ALL INSTRUCTIONS UPON RECEIPT\*\*\***

Date of Appointment \_\_\_\_\_ with Dr. \_\_\_\_\_

Be at Park Gastroenterology by: \_\_\_\_\_

*(Due to Sedation, you must bring an adult driver with you to take you home safely)*

Call your insurance plan to ensure they will cover your procedure. Please note there will be separate fees for the Physician, Facility, Pathology and/or Laboratory.

### Medications:

Seven (7) days prior to procedure stop all:

- Prescription Iron Pills
- Stool Formers (Imodium, Fiber Supplements)

• Blood-thinning medications may need to be discontinued prior to your procedure.

Take your last dose of \_\_\_\_\_ on \_\_\_\_\_.

**\*\*\*You should continue your other prescribed medication unless instructed not to\*\*\***

• **Diabetic patients** - If you take an oral hypoglycemic ("sugar pill"), do not take it the day of your procedure. If you are taking insulin, you should only take half (1/2) of your usual scheduled insulin dose the night before and nothing the morning of the procedure.

### Foods to Avoid:

Five (5) days prior to procedure, avoid the following:

- Nuts
- Seeds
- Grains
- Granola
- Corn
- Popcorn

Upon awakening on \_\_\_\_\_ the day before your procedure, start a clear liquid diet. (NO SOLID FOOD). Mix prep solution and refrigerate.

### Diet:

**Avoid RED, ORANGE, or PURPLE liquids. No Milk/Milk Products and No Non-Dairy Creamer. No juices with Pulp**

Acceptable List of Clear Liquids:

- Water
- Coffee (black)
- Soft Drinks
- Tea
- White grape juice
- Apple Juice
- Bouillon
- Lemonade
- Jell-O
- Hard Candies
- Gatorade
- CrystalLite
- Kool-Aid
- Popsicles
- White Cranberry Juice

### Prep:

**At 5:00 pm**, on \_\_\_\_\_ **the day before your procedure**, begin drinking the 1st dose of **Golytely Solution**.

- Drink one 16 ounce glass every 15 minutes. You will only drink 1/2 of the container tonight. Try to drink one full glass at a time instead of sipping.
- Take the 4 (four) Dulcolax tablets with your first glass of Golytely.
- Continue clear liquid diet throughout the evening (NO SOLID FOOD)
- You will have many bowel movements that should begin in about 1 hour

**The day of your procedure**, \_\_\_\_\_ **at** \_\_\_\_\_ **drink the second half of Golytely**

- Drink one 16 ounce glass every 15 minutes until it is gone. Try to drink one full glass at a time instead of sipping.
- **No more liquids after** \_\_\_\_\_ **until your procedure is over (including water).**