



Golytely Bowel Preparation for a Colonoscopy

FROM PHARMACY: PICK UP GOLYTELY PREP PRESCRIPTION

COLONOSCOPY:

In order to achieve an accurate evaluation of your lower gastrointestinal (GI) tract, it is important that you properly prepare for the procedure. Doctors are able to obtain the clearest view of the bowel when it is flushed completely free of waste material. The thoroughness of this intestinal cleaning depends on you. Without your cooperation, the examination cannot accomplish its purpose and may have to be repeated.

DAY: _____ DATE: _____

Five (5) Days before procedure:

Stop taking Anticoagulants or blood thinners, such as: Coumadin, Xarelto, Plavix, Pradaxa or Eliquis. (Cardiac clearance required prior to scheduled procedures)

The day before your procedure, you will begin the **ALL DAY CLEAR LIQUID DIET**

NO LIQUIDS CONTAINING RED DYES or SOLID FOODS

You can Drink the following until 8 Hours prior to procedure:

- BEEF OR CHICKEN BOUILLION SOUP
- APPLE JUICE
- WHITE GRAPE JUICE
- WHITE CRANBERRY JUICE
- JELLO OR POPSICLES
(Green/Yellow Only)
- GATORADE (Yellow Only)
- SODAS (SPRITE/MOUTAIN DEW/7UP)
- GINGER ALE
- WATER
- FLAVORED WATER
- FLOZEN LEMONADE

Do not eat or drink the following the day before/day of procedure:

NO COFFEE - NO TEA - NO DARK CARBONATED BEVERAGES - NO ALCOHOL - NO SMOKING

- At 5pm the evening before your procedure, begin drinking the 1st half of Golytely Prep by drinking 8oz every 15 minutes until all gone. CONTINUE CLEAR LIQUIDS UNTIL MIDNIGHT.
- At _____ (4-5 hours before your procedure) begin drinking the 2nd half of Golytely Prep by drinking 8oz every 15 min until all gone. DRINK ONLY ONE 24OZ GLASS OF WATER AFTER PREP IS FINISHED. PLEASE REMAIN NPO AFTER THAT LAST GLASS OF WATER. MUST BE LONGER THAN 2 HOURS PRIOR TO PROCEDURE.

**AFTER MIDNIGHT PRIOR TO YOUR PROCEDURE NOTHING TO EAT OR DRINK INCLUDING GUM AND
NO SMOKING OR SMOKELESS TOBACCO OR YOUR PROCEDURE WILL BE RESCHEDULED.**

YOU WILL BE SEDATED, SO YOU MUST HAVE SOMEONE TO DRIVE YOU HOME AFTER YOUR PROCEDURE.

If you develop any of the following symptoms after you procedure and you cannot reach the office, you will need to go the
EMERGENCY ROOM AT UNIVERSITY MEDICAL CENTER ONLY. If you live outside of Lubbock, please go to your nearest
Emergency Room. ****SEVERE ABDOMINAL PAIN, FEVER, RECTAL BLEEDING OR VOMITING BLOOD****

RESULTS ARE NOT GIVEN OVER THE PHONE