

Patient Name _____

DOB: _____

Procedure Date _____

GOLYTELY BOWEL PREP INSTRUCTIONS

The morning of the procedure, you will check in at the admissions desk at Baxter Health & they will direct you to the GI department.

The hospital will call you a few days before your procedure to give you your check in time. If you don't hear from them by the day before, please let us know.

Plan on being at the hospital for at least 3 hours from the your arrival time. There may be some instances that may require you to be there longer (i.e. emergencies, procedures taking longer than planned, etc.), so please be patient with the doctor and the staff in the GI department.

It's very important that you follow the following instructions for your bowel prep. Without proper preparation, the colonoscopy may not be able to be done & will need to be rescheduled to another day.

YOU WILL BE GIVEN IV SEDATION THE DAY OF YOUR PROCEDURE, SO YOU WILL NEED A DRIVER THAT WILL HAVE TO BE THERE WHEN YOU CHECK IN. You will also need someone to stay with you for a few hours after you get home.

You shouldn't drive a car, operate machinery, or ingest alcohol for at least 12 hours after your procedure.

Golytely (plastic jug with powder) and **Reglan** (small pill) will be called into your pharmacy. You will also need to purchase **Gas-X tablets** prior to your colonoscopy.

No aspirin, ibuprofen, Advil, Aleve, fish oil, turmeric, iron, multivitamins with iron, diclofenac (oral or topical), meloxicam, celebrex, phentermine for 7 days prior to your procedure. Take your last dose on _____.

Blood thinners will need to be held prior to your procedure as well. Please take your last dose of _____ on _____.

If you are diabetic:

Check your blood sugar frequently during your prep. You may need to adjust your insulin and/or oral medications during your prep. If you take Trulicity, Ozempic, Wegovy, Byetta, Victoza, Mounjaro, Zepbound, or Rybelsus you will need to hold those prior to the procedure. Please take your last dose on _____. You will need to contact the prescribing doctor to advise of interim medications.

2 Days Before Your Procedure:

Make sure you have already picked up your Golytely & Reglan prescriptions and GasX Tablets.

In the evening , add water to the Golytely, shake well and put in the refrigerator.

After midnight, **NOTHING SOLID TO EAT, ONLY CLEAR LIQUIDS.**

1 Day Before The Procedure:

You will be on a clear liquid diet **ALL DAY, NO SOLID FOODS.** You can have anything on the following list, but **AVOID RED & PURPLE COLORS AND NO MILK PRODUCTS** (this includes oat/nut milks & non dairy creamers).

Water Coffee (without milk/cream) Popsicles Fruit flavored powdered drinks
Tea/Sodas Jell-O Hard Candy Fruit Juice (apple/white grape) Clear broth/bouillion

At 4pm that evening, take your Reglan (small pill).

At 4:30pm begin drinking HALF of the Golytely. Drink 8 ounce glasses every 10 minutes until completed. If you vomit, wait 30 minutes and begin drinking again 6 ounce glasses every 15 minutes.

Place the remaining Golytely back in the refrigerator.

You can continue to drink clear liquids until midnight. **NOTHING AFTER MIDNIGHT EXCEPT YOUR REMAINING PREP, THIS INCLUDES GUM, CANDY, MINTS, CHEWING TOBACCO, SMOKING, OR VAPING.**

The Morning of The Procedure:

6 hours BEFORE YOUR ARRIVAL TIME, drink the remaining Golytely prep the same way you did the night before. Once you finish the Golytely, take 2 of the Gas-X tablets.

The only medications that you need to take the day of your procedure are BLOOD PRESSURE, ANXIETY, AND SEIZURE. Please take these with a small sip of water after your prep.

Once you've consumed all the prep, make note of the last bowel movement you have so you can report this to the nurse at the GI Lab. (i.e. what did it look like; was it clear, yellowish, or brown)

Once your colon is completely cleaned out, your stool should be clear-yellowish in color, refer to chart. It's important that you're cleaned out so that the doctor can complete the procedure. If you feel like you aren't fully cleaned out, please call 870-508-1390. This will get you a nurse in the GI Lab who can give you extra prep instructions or they may have you come in earlier.