

Wilmington Gastroenterology Associates – Golytely Extended

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Tel: 910-362-1011 Extension #4 to re-schedule extension #6 for questions about prep

Take ALL the BOWEL PREP. Clear liquids ONLY the ENTIRE day prior. NOTHING other than PREP by mouth (as noted below) the day of your procedure. Have a driver available ALL DAY.

LOCATION: _____ **DATE:** _____ **ARRIVAL TIME:** _____

Purchase at pharmacy several days prior to procedure

- 1) Golytely prep - prescription provided. Comes with (2) TWO 4-liter containers.
- 2) 1 bottle of MiraLAX (Glycolax) 238g -- **IF** you do not have a daily bowel movement, you will also need to purchase a 238gram bottle of MiraLAX (glycolax).

8 days prior to procedure

Starting on _____

If you do not have a daily bowel movement, take Miralax 17 gm (one cap full) with 12 oz water twice a day for 7 days to produce 1-3 very soft bowel movements daily.

3 days prior to procedure

Starting on _____

- Start a 2-day low fiber diet. See the diet handout for suggestions.
- Stop taking fiber supplements, vitamins, and iron.
- Make sure you have a driver.
- Watch the informational video about your procedure. Failure to do so **will** delay your procedure.

The ENTIRE day before the colonoscopy –

Starting on _____

DO NOT EAT solid foods. Consume only clear liquids

CLEAR LIQUID DIET

Allowed	Not Allowed
Clear broth soups, broth, black coffee, tea, water, carbonated beverages, and Gatorade. Apple juice, white grape juice, and white cranberry juice, Jell-O or ice water popsicles NOTHING RED, ORANGE, BLUE or PURPLE	NO stews, chunky or cream-based soups. NO milk or dairy products. NO ICE CREAM. NO non-dairy creamer. NO orange juice or any other juice with pulp. NO alcohol. DO NOT DRINK ANYTHING RED, ORANGE, BLUE OR PURPLE

Add water to fill line on both containers, this will be 4 liters on each container. Shake the solution to dissolve. Place in the refrigerator to chill if desired.

8 am Start drinking Golytely. Drink 8 oz. every 15-20 minutes for a total of 8 (8oz) glasses. This will take approximately 2 hours. Make sure you have ready access to a bathroom.

You will lose 3-4 liters of fluid during the prep.

3-8 pm Start drinking Golytely. Drink 8 oz. every 15-20 minutes for a total of 12 (8oz) glasses. This will take approximately 3-4 hours to complete.

You may continue to drink clear liquids until the time noted for completing the morning portion of the prep.

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Day of procedure

Date _____

_____ **AM**, Start drinking Golytely. Drink 8 oz. every 10-15 minutes for a total of 4 (8 oz) glasses. **Finish the entire 4 glasses within one hour.** Approximately 2 Liters of the solution will remain.

Call the office at 910-362-1011 (ext 159) at 7 am, if your bowel movements are not clear yellow.

_____ **AM Take only** your heart, blood pressure, breathing, seizure, transplant medications and chronic pain or anxiety medications on the morning of the procedure with only a **small sip of water**. Do not take Insulin, diabetic pills, or any other medications.

DO NOT TAKE ANYTHING ELSE BY MOUTH (including gum or candy)

Arrive at Facility with your driver (driver must stay the entire time, approximately 3 hours)

ARRIVAL TIMES MAY BE ADJUSTED. PLEASE HAVE A DRIVER AVAILABLE ALL DAY.

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- **BLOOD THINNERS:** IF you are on COUMADIN, PLAVIX, XARELTO, ELIQUIS or other blood thinners, we would like for you to stop it prior to your procedure BUT you must get permission from your prescribing doctor. DO NOT STOP YOUR BLOOD THINNER UNTIL YOU HAVE BEEN NOTIFIED BY OUR OFFICE that your prescribing doctor has given approval.
 - **Last day to take blood thinner:** _____
 - **ASPIRIN:** IF you are on aspirin; **DO NOT STOP** taking your ASPIRIN.
 - **DIABETIC:** If you are diabetic and on insulin take only half of your insulin dose the day prior to the procedure while you are on clear liquids. If you take diabetes pills, take them at the usual dose the day prior to the procedure while you are on clear liquids. On the day of the procedure do not take insulin or your diabetes pills. If you are diabetic check your blood sugar prior to leaving home and bring the result to the procedure.
 - **INHALERS:** If you use inhalers, please use them the day of your procedure and bring them with you.
 - **Alcohol:** Do not drink anything with alcohol for 2 days prior to the procedure; it may interfere with sedation during the procedure.
 - **Comfort care:** Having multiple liquid stools and wiping during the prep can be irritating to the anal area. Consider purchasing Vaseline, baby wipes, or tissue with aloe for the prep if you are prone to this sort of irritation.
 - **Contact Lens wearers:** You will need to remove your Contact Lens prior to your procedure. Please bring your case with you or wear your eyeglasses on the day of your procedure.
 - **Jewelry & Valuables:** Leave them at home. Do not wear any jewelry the day of your procedure. You will be asked to remove it.
 - **Video:** Required procedure videos can be viewed at Wilmingtongi.com
 - Patient Information -> Procedure Preparation
 - **Driver:** You will need a responsible adult to drive you to and from the facility and stay with you during the procedure. You and your driver will be at the facility for approximately 3 hours. **Your procedure will not be able to be completed if your responsible adult leaves the facility for any reason during this time.**