



SOUTHWEST  
GASTROENTEROLOGY  
ASSOCIATES, P.C.

7788 Jefferson ST NE, Albuquerque, NM 87109  
Phone: (505)999-1600 Fax:(505)999-1650

## Extended Golytely Prep

DATE \_\_\_\_\_ TIME \_\_\_\_\_

PROVIDER \_\_\_\_\_ LOCATION \_\_\_\_\_

**Follow the steps below to make sure that your colon is completely clean before your colonoscopy. You will need a driver on the day of your procedure. Please call our office if you have any questions.**

### **1 WEEK PRIOR TO YOUR PROCEDURE**

**Let us know if you are on any of the following: Plavix, Coumadin, Effient, Pradaxa, Eliquis, Xarelto or other blood thinning medication.**

#### **Purchase the following:**

- Fill the prescription provided by your doctor for Golytely. The pharmacist will give you a large, 4 liter plastic jug of white powder.
- At the pharmacy, purchase Dulcolax (bisacodyl) 5 mg tablets. No prescription is necessary for Dulcolax (bisacodyl).
- Optional for sore bottom - Plain or Aloe Baby Wipes, Desitin, A&D Ointment or vaseline
- Optional: Ensure Clear – a particularly good source of calories and protein which will decrease hunger (apple or peach flavors available online)
- Optional: Boost Breeze or Enlive! (nutritional juice drinks with 160/300 calories per serving respectively) (available online)
- Discontinue iron supplements or vitamins that contain iron, as well as fiber.
- Discontinue fish, krill or shark oil supplements.

### **3 DAYS PRIOR TO YOUR PROCEDURE**

No fruits, vegetables or corn. No foods that contain seeds like tomatoes, green chile, sesame seed buns, etc. You can eat meat, fish, rice, pasta, breads without seeds, peanut butter, eggs, cheese and cereal.

### **2 DAYS PRIOR TO YOUR PROCEDURE**

No solid foods after midnight. Continue fiber diet, confirm driver.

### **1 DAY PRIOR TO YOUR PROCEDURE**

**Solid foods, milk or milk products are not allowed. Drink only “clear liquids” for breakfast, lunch and dinner. PLEASE AVOID ANY RED OR PURPLE COLORED LIQUIDS. Please read the labels.**

**In the morning the day before your procedure, fill the Golytely container per the package instructions, mix thoroughly and refrigerate.**

#### **“CLEAR LIQUIDS” INCLUDE:**

- strained fruit juice without pulp (apple, white grape, lemonade)
- water, tea, coffee (without milk or non-dairy creamer)
- clear broth or chicken, beef or vegetable bouillon
- Kool-aid, Gatorade, soda (e.g. Pepsi, Coke, 7-UP) carbonated and non-carbonated soft drinks, Boost Breeze or Ensure Clear
- Plain Jell-O (without added fruit or toppings), ice popsicles
- **Alcohol is not permitted**

**-12:00 noon:** Take 4 Dulcolax (Bisacodyl) laxative tablets with 8 oz. of water.

-Drink at least 6-8 oz. glasses of water during the afternoon.

At **5:00 p.m.**, begin drinking the Golytely preparation. Drink an 8oz. glass of prep every 15 minutes, approximately one quart per hour. Drink half of the gallon (2 quarts) and continue to drink clear liquids.

*This preparation is designed to cause diarrhea. The goal is to make your stool the consistency and color of urine.*

## **THE DAY OF YOUR PROCEDURE**

**If your procedure is before 7:00 a.m. please check in at 6:30 a.m. Our office opens at 6:30 a.m.**

**8** hours prior to your scheduled procedure time, drink an 8 oz. glass every 15 minutes until you **FINISH** the remaining portion of the Golytely prep, finishing 6 hours prior to procedure time.

**Do not take anything by mouth 6 hours before your arrival time.**

Take your medications with a small sip of water at least 2 hours prior to your procedure.  
Do not skip heart, blood pressure, or seizure medications.

**You will need your current insurance card, picture ID, and copayment.**