

Golytely Split Dose Colonoscopy Prep		
Date:	Time:	Physician:
Location: Lovelace Medical Center Downtown		
601 Dr. Martin Luther King Jr Ave NE, Albuquerque, NM 87102		
Please call to confirm appointment 505-999-1606 or 999-1610		

Follow the instructions 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, Eliquis, Pradaxa or Warfarin. Please call your managing provider for instructions on stopping your medication _____ days prior to your procedure.

Stop taking iron supplements or vitamins with iron, fish oil, krill oil, shark oil supplements as well as fiber.

Shopping list:

- Pick up your prescription of Golytely bowel prep kit at your pharmacy. 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 needed for Dulcolax (bisacodyl).
- Optional for sore bottom - Plain or Aloe Baby Wipes, Desitin, A&D Ointment or Vaseline
- Clear liquids

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, bread without seeds, peanut butter, eggs, cheese, and cereal.

2 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, bread without seeds, peanut butter, eggs, cheese, and cereal. 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.

“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
- Alcohol Is Not Permitted
- Plain Jello or ice popsicles

At 12:00 noon: Take 1 Dulcolax (Bisacodyl) laxative tablet with 8 oz. of water. Drink at least 6-8 oz 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, 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.

Day of Procedure

AT _____**AM/PM**, drink an 8oz. glass of Golytely every 15 minutes until you finish the remaining portion of the Golytely prep (2 quarts). You must finish the prep _____ hours, your procedure.

Do not take anything by mouth for 8 hours before your arrival time except for your usual medications with a small sip of water at least 2 hours before your procedure. Do not skip heart, blood pressure, or seizure medications.

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