

GOLYTELY BOWEL PREP INSTRUCTIONS FOR COLONOSCOPY

YOUR COLONOSCOPY IS SCHEDULED AT _____

DAY: _____ DATE: _____ ARRIVAL TIME: _____ AM/PM

You should receive about one gallon of Golytely Colon Prep from your pharmacy of choice. This is used to clear out your intestines prior to your procedure.

_____ The day before your procedure, you will begin the **ALL DAY LIQUID DIET (see attached)**

- At 5pm the evening before your procedure, begin drinking the 1st half of Golytely Prep by drinking 8oz every 15 minutes until all gone. Then drink at least 16oz of clear liquids.
- At _____ (4-5 hours before your procedure) begin drinking the 2nd half of Golytely Prep by drinking 8oz every 15 min until all gone. You should be finished at least two hours before your procedure. You may not have anything to drink after you are finished.

8 HOURS 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.

Do not take any diabetic medication. Your blood sugar will be tested at the Endoscopy Lab and meds will be given to you accordingly. You may only take your prescribed blood pressure, heart, breathing, pain and seizure medications. You may take these with a **small sip of water** 2 hours before your arrival time for your procedure.

If you are on any form of blood thinners (Aspirin, Coumadin, Plavix, Baby Aspirin, etc.), you will need to stop taking these medications 5 days before your procedure.

If you have had a stent you will need to get permission from you cardiologist to stop your medication.

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****

If you have any questions please contact our office at **761-0747**.

RESULTS ARE NOT GIVEN OVER THE PHONE

CLEAR LIQUID DIET GUIDELINES

*******NO LIQUIDS CONTAINING RED DYES*******

BEEF OR CHICKEN BOUILLION SOUP

APPLE JUICE

WHITE GRAPE JUICE

WHITE CRANBERRY JUICE

JELLO OR POPSICLES (NO CHERRY/STRAWBERRY/RASBERRY)

GATORADE (BLUE/GREEN/PINK)

COFFEE (NO CREAMER)

SODAS (SPRITE/MOUTAIN DEW/7UP)

WATER

FLAVORED WATER

ICED OR HOT TEA