

GoLYTELY Preparation Instructions for Colonoscopy (2 Days)

Call/text us at (281) 746-9284 - Option 4 for any questions about preparation or scheduling

A \$150 cancellation fee will apply to patient if the procedure is not cancelled at least 72 hours prior to the scheduled procedure

7 Days Before Your Procedure

Stop the following:

- Weekly GLP-1 medications (Ozempic, Wegovy, Mounjaro, Trulicity, Byetta)
- Phentermine medications (Adipex, Fastin, Lonamin, Qsymia, Loamira, Duromine)
- High-fiber foods including nuts, seeds, corn, popcorn, raw vegetables, salads, beans, whole grains, and fiber supplements
- Oral iron supplements (IV iron is acceptable)
- OTC vitamins, herbs, supplements, CBD oil, Omega 3 fish oil
- NSAIDs (e.g. Advil, Motrin, Aleve, Alka-Seltzer, BC Powder, Excedrin, etc.) Tylenol is safe if needed

Special Instructions

- For Daily GLP-1 & SGLT 2: Jardiance, Farxiga, Xigduo, Victoza, Adlyxin, Saxenda, etc - stop 3 days prior to your procedure
- Blood Thinners (Plavix, Coumadin, Eliquis, Xarelto, Aspirin, etc.): A clearance form will be provided for your prescribing provider to determine whether these should be held prior to your procedure
- Aspirin 81mg daily may be continued unless otherwise directed
- Dialysis patients (must be scheduled at Outpatient Hospital only): Coordinate with your nephrologist, have dialysis the day before and post-dialysis potassium check

Items to purchase

- **By Prescription:** Four liters of GoLYTELY at your pharmacy
- **Over the counter:** Two Dulcolax® tablets (laxative) and two 10 oz bottles of Magnesium Citrate (lemon or lime flavor only)

2 Days Before Your Procedure

DRINKING SCHEDULE

(If nausea, bloating, or cramping occurs → slow down, sip extra water, then continue!)

8:00 PM	Drink one bottle of Magnesium Citrate
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1 Day Before Your Procedure

ALL DAY	CLEAR LIQUIDS ALL DAY: Water, clear broth or bouillon, Jell-O, Kool-Aid, popsicles, strained fruit juices (no pulp), coffee/tea (no cream), etc. No alcohol is allowed. Avoid red, purple, or blue colored liquids ***A minimum of 2 liters of water should be consumed the DAY BEFORE your procedure MEDICATIONS: You may take your routine medications the day before your procedure, unless instructed otherwise. STOP taking ACE Inhibitors/ARBs (Lisinopril, Benazepril, Losartan, Olmesartan, etc.) 24 hours prior to your procedure
4:00 PM	Prepare the solution: Fill the bottle with lukewarm water to the fill line (helps the powder dissolve faster). Shake vigorously until fully dissolved — solution should be clear and colorless. Refrigerate after mixing. Use within 48 hours Began Drinking: Drink one 8 oz glass every 10 minutes. Shake well before each glass. Finish the entire gallon within 4 hours. Do not add any sugar, sweeteners, or additives. Drink each glass quickly rather than sipping slowly What to expect: Diarrhea will begin — stay near a bathroom. Your first bowel movement should occur within 1-2 hours of starting. Keep drinking until stools run clear and watery (usually after at least 3 liters) ***Finish the entire prep, even after your bowel movements turn clear. Stopping early can result in an incomplete prep and may require rescheduling
10:00 PM	Take 2 Dulcolax® tablets and drink 1 bottle of Magnesium Citrate

The Day of Procedure

4 hours prior to your scheduled arrival time	STOP drinking any liquids
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✓ **OK to Take:** Heart, Blood pressure, Steroids, Anti-anxiety, Thyroid, Seizure, or Immunosuppressant medications with a small sip of water; use inhalers as prescribed. Other medications/ supplements may be resumed after returning home. Any other liquids that morning may result in cancellation of your procedure.

✗ **Do NOT take:** Diabetes medications (Insulin, Metformin, Rybelsus, Janumet, etc.) or diuretics. Do not chew gum or eat candy within 2 hours before the procedure. Do not wear contact lenses.

 **Biopsy Results:** If a biopsy is taken, results can take up to 14 business days. Please schedule a follow-up appointment for 2 weeks after your procedure to review them. If no follow-up is needed, we'll contact you to cancel it.

 **Transportation Requirement:** A family member or friend must drive you home. Uber/Lyft is only allowed if accompanied by a family member or friend.