

## 2 Day Golytely Prep

**DATE:**                      **TIME:**    **CHECK-IN**

Your procedure has been scheduled with **Dr. Jones / Dr. Silverblatt / Dr. Sadana / Dr. Bryant / Dr. Mehta / Dr. Anderson** at:

### **Advanced Endoscopy Center, PLLC ~ 360-576-5060**

2415 NE 134th Street, Suite 205

Vancouver, WA 98686

Before you come in, make sure you read all of the following instructions carefully.

Since sedation is usually given during the procedure, you need to make transportation arrangements for the day of your procedure. You should not drive, operate any type of machinery, or make any serious decisions until the day after your procedure. We do not allow transportation by taxi or bus.

### **2 DAY BOWEL PREP**

Purchase at any Kaiser pharmacy:

2 Gallons Golytely --prescription needed

Purchase at any pharmacy (no prescription needed)

5 mg Bisacodyl or Dulcolax Tablets (4 Tablets)

80 mg chewable Gas-x tablets (will need 9 tablets total)

### **MEDICATION CHANGES**

Take all of your regular medications (including any pain medications you take regularly) up to and on the day of the procedure.

Stop taking iron supplements (vitamins with iron are OK to take) 4 days prior to your procedure.

**Anticoagulant instructions: Please see "Medication Sheet" for further instructions.**

### **DIET CHANGES**

#### **7 DAYS PRIOR TO YOUR PROCEDURE: \*\*\***

Please stop eating any seed containing foods (popcorn, cucumbers, watermelon, tomatoes, strawberries, and other berries, poppy seeds, sesame seeds, etc.). Nuts are acceptable.

#### **4 DAYS BEFORE YOUR PROCEDURE: \*\*\***

STOP taking iron supplements. You may take vitamins with iron.

## PROCEDURE PREPARATION

### **2 DAYS BEFORE YOUR PROCEDURE: \*\*\***

#### **NO SOLID FOOD TODAY!**

**Diabetic Instructions: Take your oral diabetic medications/insulin as usual today, and monitor your blood sugar more frequently, adjusting the sugar in your clear liquid intake to maintain a stable blood sugar.**

1. From the time you get up in the morning, you may have only clear liquids. Drink a minimum of 64 oz of clear liquids today. Clear liquids include any liquids you can see through such as:

- Beverages—coffee, tea, water, carbonated beverages, and pulp-free juices such as apple juice and white grape juice.
- Soup—clear broth or bouillon.
- Desserts—plain Jell-o, popsicles, and fruit ices.
- Other—sugar and sugar substitutes, honey, salt and salt substitute, and clear hard candy.

**Avoid red, purple or orange liquids.** No dairy products are to be included in your intake until after your procedure is completed.

2. At 12:00 noon take 4 bisacodyl (Dulcolax) tablets followed by at least two 8 oz glasses of clear liquids.

3. Mix the entire contents of the Golytely container according to the instructions on the label and chill in the refrigerator. A powdered flavoring may be added as long as it is not red, purple or orange.

4. When taking the dose of Golytely, take 3 tablets of chewable Gas-x tablets as well.

5. At 5:00 PM drink the first half (64 oz) of the Golytely. Drink 8 oz every 10 to 15 minutes until finished. This will take about 2 hours.

- You will experience diarrhea with the prep.
- Oral medications taken within one hour of starting Golytely may be flushed from the GI tract and not absorbed. If you need to take medications, take them at least 2 hours before starting Golytely or after the Golytely has been finished.

### **THE DAY BEFORE YOUR PROCEDURE: \*\*\***

#### **AGAIN, NO SOLID FOOD TODAY!**

**Diabetic Instructions: Please see “Medication Sheet” for instructions on how to alter your dosing, also monitor your blood sugar more frequently, adjusting the sugar in your clear liquid intake to maintain a stable blood sugar.**

1. Continue to have clear liquids only, avoiding red, purple and orange liquids. Drink a minimum of 64 oz of clear liquids today.
2. Mix the entire contents of the second Golytely container according to the instructions on the label and chill in the refrigerator. A powdered flavoring may be added as long as it is not red, purple or orange.
3. At 12:00 noon take 2 bisacodyl (Dulcolax) tablets followed by at least two 8 oz glasses of clear liquids.
4. At 5:00 PM drink the first half (64 oz) of the Golytely. Drink 8 oz every 10 to 15 minutes until finished. This will take about 2 hours.
5. When taking the dose of Golytely, take 3 tablets of chewable Gas-x tablets as well.
  - You will experience diarrhea with the prep.
  - Oral medications taken within one hour of starting Golytely may be flushed from the GI tract and not absorbed. If you need to take medications, take them at least 2 hours before starting Golytely or after the Golytely has been finished.

**THE DAY OF YOUR PROCEDURE: \*\*\***

**NO SOLID FOOD UNTIL AFTER YOUR PROCEDURE.**

**Diabetic Instructions: Please see “Medication Sheet” for instructions on how to alter your dosing, also monitor your blood sugar more frequently, adjusting the sugar in your clear liquid intake to maintain a stable blood sugar.**

1. DO take your regular medications—especially heart, blood pressure, and chronic pain medications, up to and on the day of the procedure.
2. When taking the dose of Golytely, take 3 tablets of chewable Gas-x tablets as well.
3. **Four hours before your check-in time**, start drinking another half (64 oz) of the Golytely. Drink 8 oz every 10 to 15 minutes until finished.
  - There will be 1/2 gallon of Golytely left, you can discard this last 1/2.
4. **You may have clear liquids until 2 hours before your scheduled check-in time, then NOTHING TO EAT OR DRINK until your procedure is completed.**

- Your bowel movements should become like yellow or tea-colored water with no solid stool in them.
- You must complete the entire prep to ensure the most effective cleansing and a thorough exam.

**\*\*\*Please bring** your Kaiser card, photo ID, any co-pay you may be responsible to pay, completed registration paperwork, and reading glasses if needed for signing paperwork upon arrival.

We recommend that you leave all personal items of any value (watches, rings, etc.) at home. Please avoid using perfume or cologne.

### **WHAT TO EXPECT AFTER YOUR PROCEDURE**

- Resume your normal diet unless you are instructed otherwise.
- Resume your normal activity on the next day.
- Take your regular medications unless you are instructed otherwise.

If you received a sedative to help you relax for your procedure, do NOT do any of the following for the rest of that day:

- Drink alcohol.
- Make important decisions.
- Operate a car or dangerous machinery.

Minor discomforts you may experience:

- Minor abdominal pain and possible rectal discomfort.
- Minor abdominal bloating.
- Abdominal gas.
- A small amount of rectal bleeding, particularly if hemorrhoids are present.

Treatment of minor discomforts:

- Rest.
- Eat lightly.
- Use a heating pad.
- Walk to relieve gas.
- Lie on your left side with right knee forward to relieve gas.

Call your provider or after hours advice line if these occur:

- Severe and/or constant pain in the abdomen.
- Severe abdominal bloating.
- Chest pain.
- Fever greater than 101 degree F within 24 hours of the procedure.

- Redness, tenderness or swelling at your I.V. site lasting longer than 48 hours.
- Passage by rectum of a large amount of bright red blood.

If you need to cancel or reschedule your GI procedure please call 360-576-5060. Please contact Kaiser Directly at Regional Gastroenterology Department at 503-571-8240 if you have any prep related questions. You may need to leave a message (if you leave a message you will want to include your health record number and reason for canceling). Please give the clinic 4 working days notice before canceling or rescheduling your procedure.