

GOLYTELY| Colonoscopy Preparation Instructions

Name: «FirstName» Date of Procedure With: Dr. «RendPrLName» Arrival Time:
Alaska Digestive Center: 907563-1750 ARH: 264-2055 PAMC: : 212-3124 SCOW: 631-3578
4048 Laurel Street STE 103a

ONE WEEK BEFORE COLONOSCOPY

- You **must** have a responsible adult drive you home. If you do not have a ride arranged, we will not be able to perform the procedure. Public transportation is only allowed with an adult escort.
- Call your pharmacy prior to picking up the prep to ensure they have the prescription.
- **Medications**
 - Blood-thinning medications may need to be discontinued. Take your last dose of on
 - May continue to take regular medications, unless instructed by provider or nursing staff
 - **Stop Taking**
 - Prescription Iron pills
 - **Stop Eating**
 - Seeds, nuts, tomatoes, berries, corn, popcorn, and breads with seeds or nut

TWO DAYS BEFORE COLONOSCOPY

- Obtain Covid Test

ONE DAY BEFORE COLONOSCOPY

- Start clear liquid diet. No solid foods, red or purple liquids, chewing gum, and alcohol.
- **Clear Liquids include: Water, Apple Juice, Gatorade, Broth, Jell-O, Popsicles, soda, etc.**
- Mix bowel prep solution:
 - Fill the container with lukewarm water to the fill line and put into the refrigerator to chill.
- Begin drinking the first half of the bowel prep solution around 6:00 pm. Drink 8 oz. every 10-15 minutes until first half is gone.
 - Take 4 (four) Dulcolax tablets with your first glass of Golytely.
- After finishing half of the prep, drink two (2) 8 oz. glasses of water & continue clear liquids.
- Bowel movements should be watery.
- **Patients that are Diabetic**
 - Evening Dose Only: Take ½ the dose of your diabetic medication(s) the day before your procedure
 - No dose the day of the procedure

DAY OF COLONOSCOPY

- Continue clear liquid diet–No Solid Food.
- Start drinking prep four (4) hours prior to procedure time:
 - Follow the prep instructions as listed above;
 - No Dulcolax tablets will be needed with second half of prep.
 - NOTHING TO EAT OR DRINK THREE (3) HOURS PRIOR TO PROCEDURE TIME.