GOLYTELY
2-day Colon Prep Instructions

Name: Check-In Time:
Appointment date: Appointment time:
Location: Provider:

For questions, contact the Digestive and Liver Clinic at 214-645-0595 from 8 a.m. to 5 p.m. Monday to Friday. After 5 p.m. you may contact the on-call provider in the Digestive and Liver Clinic at 214-645-0595.

5 days before

- Arrange for someone to pick you up following your appointment. You will not be able to drive.
- Go to the pharmacy and pick up your prescription colon prep, the oral laxative Golytely. For the 2-day prep, you will get two large plastic jugs with a powdered medication inside.
- Stop taking iron pills.
- It is OK to keep taking aspirin.
- For patients with diabetes who are taking insulin, please call your prescribing physician for instructions.
- Please inform our office if you are taking blood thinners such as Effient, Eliquis, Pradaxa, Plavix, Xarelto, or Coumadin. You may require further instruction.

3 days before

- Stop eating foods that are hard to digest such as corn, greens, nuts and seeds.

2 days before

Drink ONLY clear liquids ALL DAY. NO SOLID FOODS.

- Clear liquids include strained fruit juices (no pulp): apple, white grape, broth, water, Gatorade, Popsicles, Jell-O, coffee or tea (with no creamer).
- Avoid liquids that contain red, blue or purple artificial dyes.
- Drink at least 8 glasses of clear liquids throughout the day.
- Take any prescription medication that you normally take, unless you have been instructed otherwise by our clinic.

1 day before

Drink ONLY clear liquids ALL DAY. NO SOLID FOODS.

- Clear liquids include strained fruit juices (no pulp): apple, white grape, broth, water, Gatorade, Popsicles, Jell-O, coffee or tea (with no creamer).
- Avoid liquids that contain red, blue or purple artificial dyes.
• Drink at least 8 glasses of clear liquids throughout the day.
• Take any prescription medication that you normally take, unless you have been instructed otherwise by our clinic.
• Fill both jugs of Golytely with cold water. You can refrigerate. It tastes better cold.
• **Starting at 8:00 AM:** Drink one 8 oz. glass of Golytely mixture every 15 minutes until you finish half of the liquid jug. Drink the Golytely fast. DO NOT sip it.
• **Starting at 5:00 PM:** Drink one 8 oz. glass of Golytely mixture every 15 minutes until you finish the remaining half of the liquid jug. Drink the Golytely quickly. DO NOT sip it.
• Stay near a toilet. Over the next several hours, you will have diarrhea, which can be quite sudden. This is normal, as the purpose of this process is to empty your colon.
• You may have skin irritation from frequent wiping with toilet paper. We recommend either Vaseline or Tucks Wipes to treat any tenderness.
• At night, take any prescription medication that you normally take.

### Day of procedure

• **5 hours prior to appointment time:** Drink half of the remaining jug of Golytely.
• You must consume all the prep at least 4 hours before your procedure time.
• There will be half a jug of Golytely remaining. You can discard this.
• Again, do not eat solid food. Drink ONLY clear liquids up to 2 hours before your procedure, then do not eat or drink anything.
• You should be passing clear or clear yellow liquid from your rectum. If not, please call our office for further instructions.
  - Contact the Digestive and Liver Clinic at 214-645-0595
• **The morning of the procedure,** take your usual medicines with a few sips of water. Follow the instructions the provider gave you regarding insulin.

### Upon arrival

• Bring your insurance card and a picture ID but leave all other valuables at home.
• Expect the procedure to take about 3 to 4 hours total.
• Children under 12 are not allowed in the waiting room. Please make other arrangements for childcare.
• You **MUST** have a responsible adult to take you home. We cannot let you leave on your own or in hired transportation (such as a cab or a ride-hailing service). Your responsible party will be notified in the waiting area or called when you are ready to leave.