

**Instructions to Clean Your Colon
GOLYTELY PREP**

Name:
Appointment Date:
Check in time:

Clinic Phone Number: 214-645-0595
Provider:
Location:

| 5 Days Before | 1 Day Before | Procedure Day |
|---|---|--|
| <ul style="list-style-type: none"> • Confirm your ride. • Go to the pharmacy to pick up your colon prep the oral laxative GoLyteLy. • Stop taking iron pills. • Stop eating foods that are hard to digest such as corn, greens, seeds and nuts. • It is OK to keep taking Aspirin . • Please inform our office if you are taking blood thinners such as Prasugrel(Effient), Epixaban (Eliquis),Dabigatran (Pradaxa), Clopidogrel (Plavix), Xarelto, Coumadin for further direction. • Insurance : You will receive 2 phone calls, one from the physician's office and one from the facility explaining how much you have to pay. | <p align="center"><u>Drink ONLY Clear Liquids ALL DAY</u> <u>NO SOLID FOOD</u></p> <ul style="list-style-type: none"> • Clear liquids are: Strained fruit juices (no pulp); apple, white grape, broth, water, Gatorade, Popsicles, Jell-O, coffee, tea (no milk or cream). • Drink at least 8 glasses of clear liquids throughout the day. • Fill the jug of GoLyteLy with cold water. You can refrigerate. It tastes better cold. • 5 pm – Drink one 8 oz. glass of GoLyteLy mixture every 15 minutes until you finish all the liquid. Drink the GolyteLy fast. DO NOT sip it. • At night, take all the medicines you normally take. For directions taking insulin contact your prescribing provider. • Your bottom may become sore from wiping too much. Vaseline or Tux® wipes help with soreness. • GoLyteLy can cause mild cramping, bloating or nausea. If it does, you can slow down the speed of drinking GoLyteLy but still try to finish the prep as instructed. Always stay near a toilet when using laxatives. | <ul style="list-style-type: none"> • You should be passing clear liquid from your rectum. If not, please contact our office for further instruction. 214-645-0595 • Take your usual medicines with a few sips of water. Follow the directions your provider gave you regarding insulin. • You can have clear liquids up until 2 hours before your check in time. • Bring your ID and insurance card. Leave jewelry, money and other valuables at home. • You MUST have a responsible adult take you home. Your ride will be paged or called when you are ready to leave. • Children under 12 are NOT allowed in the waiting room. • Allow 3-4 hours in GI Lab |