 Phone: **307.673.3181**

**GOLYTELY BOWEL PREP** (Liquid)

Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ DOB: \_\_\_\_\_\_\_\_\_\_\_\_\_

You are scheduled for Colonoscopy / EGD with:

**Dr. Corey J. Jost Dr. Barry E. Mangus Dr. Sara C. Maguire Dr. Josh Scott**

**PLEASE FOLLOW INSTRUCTIONS CAREFULLY**

**TAKE ALL OF YOUR REGULAR MEDICATIONS EXCEPT:**

For **7 days** prior to your procedure, **DO NOT TAKE** any of the following:

This includes but is not limited to**:**

**Anti-inflammatories**: Ibuprofen, Celebrex, Salsalate, Meloxicam, Motrin, Advil, Naproxen (Aleve), Aspirin

Rheumatoid meds, Pepto Bismol, Alka Seltzer. **Herbal Medications**: CoQ10, Glucosamine/Chondroitin, Ginko Biloba, Fish Oil, Vitamin E, Iron, and Multivitamins with iron.

**Blood thinners**: Heparin, Coumadin (Warfarin), Plavix, Pletal, Ticlid, Aggrenox, Pradaxa, Xarelto, Eliquis.

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**YOU MAY TAKE TYLENOL (**ACETAMINOPHEN**) FOR DISCOMFORT OR HEADACHES unless contraindicated.**

**Starting 4 days BEFORE your procedure**

1. AVOID raw fruits and vegetables, whole wheat/multigrain products, beans, nuts, popcorn and seeds.

**The DAY BEFORE your procedure**

When you awake in the morning please begin a clear liquid diet. NOTHING RED OR PURPLE IN COLOR. NO SOLID foods. NO MILK products.

1. Clear liquids include water, apple juice, WHITE cranberry or WHITE grape juice, bouillon type broth, jello, popsicles, coffee or tea **without creamer,** soft drinks (decaf is encouraged). Sports drinks like Gatorade or Powerade will be important in replacing electrolytes. Try to drink as much fluid as possible while on your clear liquid diet.
2. At 4:45 pm take one gas relieving tablet (Simethicone/ Gas X).
3. At 5:00 pm begin drinking the Golytely Solution prep. Drink 1 cup (8 ounces) approximately every 15 minutes until the **solution is gone.**
4. Take the remaining gas relieving tablet.
5. You may continue to drink plenty of clear liquids until 3 hours before the time of the colonoscopy.

**The DAY OF procedure**

1. NO Chewing tobacco before procedure; as well as any hard candy, gum, cough drops etc.
2. STOP all liquids 2 hours prior to your arrival time
3. Wear loose fitting clothing & well-fitting flat shoes.
4. Please leave your valuables at home.
5. **YOU MUST HAVE SOMEONE DRIVE YOU HOME AFTER YOUR PROCEDURE**.
6. If you have questions please call the Endoscopy Department at 672.1128.

**\*Please arrive to the MAIN ENTRANCE OF THE HOSPITAL**

**ON: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

* **If you have any questions regarding your prep or home medications, please contact
Big Horn Surgical at 307.673.3181.**
* **If you need to cancel or reschedule your procedure, please contact
Big Horn Surgical at 307.673.3181.**
* **If you have questions about your procedure or need your arrival time, please call the
Endoscopy department at 307.672.1128 or Outpatient Surgery at 307.672.1107.**