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## Colonoscopy – GOLYTELY Instructions

### APPOINTMENT INFORMATION

Patient Name: \_\_\_\_\_

Date: \_\_\_\_\_

Time: \_\_\_\_\_

### Cancellation Policy

Scheduling procedures requires careful planning between the staff, doctors, and facility. Please be compliant with and on-time for your appointment. If you must reschedule or cancel, please contact us at least **1 day prior to procedure**. Failure to do so will incur **A FEE OF \$100**.

Thank you for your cooperation.

### 1 WEEK PRIOR

- Fill your prescription for GOLYTELY and 2 tablets of Bisacodyl (Dulcolax) at the pharmacy.
- Arrange for a driver to take you home on the day of the procedure.
- If you have diabetes, check with your doctor regarding diet and medication instructions.
- Avoid all seeds, popcorn, multigrain breads, high fiber vegetables, and fruits.
- Stop Fiber Supplements, Vitmain E, and Iron Supplements (example: Ferrous Sulfate)

### Medications to be **DISCONTINUED**

- **All Blood thinners** should be discussed with your prescribing doctor. (Coumadin, Plavix, Eliquis, Effient, Brilinta, Xarelto, Arixtra, Lovenox, Pradaxa, Fragmin). You can **CONTINUE Aspirin 81 mg** unless instructed by your doctor.
- **STOP 1 WEEK PRIOR:** Semaglutide (Ozempic, Wegovy), Mounjaro, Zepbound, Trulicity, Victoza, Bydureon BCise
- **STOP 1 DAY PRIOR:** Rybeslsus, Saxenda, Byetta, Adlyxin

### 1 DAY PRIOR

- Start a clear liquid diet in the morning.
  - **NO SOLID FOOD ALL DAY** (No breakfast, lunch, or dinner)
  - **NO DAIRY PRODUCTS**
  - **NO RED or PURPLE FOOD COLORING**

**Clear liquids include:** Broths, Water, Clear fruit juices (apple), Soda, Gatorade, Jell-O, Popsicles, Black Coffee or Tea

- Take 2 tablets of Bisacodyl at 5PM
- Mix Golytely solution as directed on the container. You may put it in the refrigerator to chill before drinking.
- Between 5PM and 8PM start drinking one 8-ounce glass of the solution every 15 minutes until finish.

**NOTHING TO EAT OR DRINK AFTER MIDNIGHT PRIOR TO THE PROCEDURE.**

### PROCEDURE DAY

- You may take your morning medications (**High Blood Pressure and Thyroid**) with a small sip of water.
- If you have asthma, please bring your inhaler with you.
  - **NO CHEWING GUM or SUCKING ON HARD CANDY**

**A RESPONSIBLE ADULT MUST ACCOMPANY ALL PATIENTS THE DAY OF THE PROCEDURE. NO PATIENT SHOULD DRIVE ON THE DAY OF THE COLONOSCOPY.**