

## 2-DAY GOLYTELY SPLIT PREP

**Follow these instructions to prep for your procedure.**  
**Tulsa VA Endoscopy Clinic M-F 0700-1530 (918) 252-8000 ext 29042 or 29043**  
**24/7 Colonoscopy Instruction Line at 918 577 4900**

If you have had cardiac stents placed within the last 12 months please call our clinic.

### **7 DAYS BEFORE YOUR PROCEDURE:**

**STOP** taking **blood thinners:** EFFIENT (Prasugrel), Brilinta (ticagrelor), and/or PLAVIX (Clopidogrel).

**STOP** weight loss meds: (such as OZEMPIC, WEGOVY, MOUNJARO, and PHENTERMINE).

### **5 DAYS BEFORE YOUR PROCEDURE:**

**STOP** taking **blood thinners:** WARFARIN (Coumadin), Aspirin, any NSAIDS, such as: Ibuprofen, Advil, Naproxen, Meloxicam, Diclofenac.

**STOP** taking FISH OIL, FIBER, IRON NUTS, AND SEEDS.

### **2 DAYS BEFORE YOUR PROCEDURE:**

**STOP** taking **blood thinners:** Pradaxa (dabigatran); Xarelto (rivaroxaban); Eliquis (apixaban).

### **FOLLOW THESE ENDOSCOPY INSTRUCTIONS:** **(not the manufacturer instructions on the colon prep bottle)**

**BEGIN 2 DAYS of CLEAR LIQUIDS ONLY, NO SOLID FOOD FOR 2 DAYS.**

*Clear liquids are items that you can see-through, such as: water, tea, black coffee, broth, apple juice, Gatorade, jello, popsicles.*

**NO** red or orange colored items.

**NO** dairy products

**NO** alcohol

**NO** marijuana.

**1PM:** Mix up 1st gallon of GoLytely prep with water only and place in the refrigerator.

**4PM:** Begin drinking the GoLytely - 8 oz glass every 15 minutes until gone (**FINISH ENTIRE GALLON** even if stools are clear). If you become nauseous, wait 30-60 minutes then resume prep.

You may take your medications as prescribed, **EXCEPT** for those mentioned above.

\*\*\*\*\*FLIP THE PAGE TO CONTINUE WITH ADDITIONAL PREP INSTRUCTIONS

**YOU AND YOUR LICENSED DRIVER MUST CHECK-IN TOGETHER. THE DRIVER MUST STAY AT THE CLINIC UNTIL YOU ARE DISCHARGED. THEY CANNOT DROP YOU OFF AND LEAVE OR YOU WILL BE RESCHEDULED.**

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### **1 DAY BEFORE YOUR PROCEDURE:**

**Clear liquids ONLY** all day again! Stay hydrated.

**1PM:** Mix up 2nd gallon of GoLyteLy prep with water and put in the refrigerator.

**4PM:** Drink **only half** the gallon of GolyteLy - 8 oz glass every 15 minutes; until half of the gallon is completed. If you feel nauseous, wait 30-60 minutes then resume drinking your prep. Place remaining half gallon in the refrigerator (to be completed the morning of your procedure).

You may take your medications as prescribed, **EXCEPT** for those mentioned above.

### **IF YOU ARE A DIABETIC:**

HOLD EVENING DOSE OF ORAL DIABETIC MED(S)

TAKE ONLY ½ YOUR USUAL EVENING DOSE OF LONG-ACTING INSULIN.

DO NOT TAKE ANY SHORT ACTING INSULIN THE DAY BEFORE PROCEDURE OR THE MORNING OF.

**Monitor your blood sugar to maintain a reading of 100 or higher.** Drink apple juice, Gatorade (not red or orange) 7-Up, or Sprite to help maintain your blood sugar levels greater than 100.

**DO NOT** have ANYTHING by mouth after **MIDNIGHT**, **EXCEPT ONLY your prep as directed**; including **all** oral tobacco products, mints, chewing gum, etc.

### **THE MORNING OF YOUR PROCEDURE:**

If you take Blood Pressure meds and/or Seizure meds, take with **ONLY** small amount of water.

**DO NOT** take any DIABETIC medications and **NO** insulin.

**DO NOT** have anything else by mouth except for the prep as directed.

**DO NOT** use oral tobacco products, chewing gum, marijuana, gummies, mints, coffee, etc.

### **4 HOURS BEFORE YOUR APPOINTMENT:**

Drink **ONLY** the remaining 1/2 gallon of GolyteLy - 8 oz glass every 15 minutes. **This must be completed at least 2hrs before your appointment time.** Then, **NOTHING** by mouth for a **total of 2hrs** before your appointment! **FINISH ENTIRE GALLON** even if stools are clear.

*(Example – for a 1000 procedure time, prep **must be COMPLETED** by 0800, giving you a 2 hour window in which you have **nothing by mouth**. Allow yourself enough time to complete it as directed.)*

By splitting the prep in this way increases your chance of cleaning out the right side of your colon timely and having an excellent exam; decreasing the chance of missing a significant finding or having to redo the procedure due to poor prep quality.

**YOU AND YOUR LICENSED DRIVER MUST CHECK-IN TOGETHER. THE DRIVER MUST STAY AT THE CLINIC UNTIL YOU ARE DISCHARGED. THEY CANNOT DROP YOU OFF AND LEAVE OR YOU WILL BE RESCHEDULED.**