

GOLYTELY Colon Split Prep
Tulsa 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); PLAVIX (Clopidogrel).

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

5 DAYS BEFORE YOUR PROCEDURE:

STOP taking **blood thinners**: WARFARIN (Coumadin); Aspirin; and NSAIDs such as: Ibuprofen; Advil; Naproxen; Meloxicam; Diclofenac.

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

DO NOT use medical marijuana after midnight the night before or the day of your procedure.

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)

1 DAY BEFORE YOUR PROCEDURE:

CLEAR LIQUIDS ONLY no solid foods the day before your colonoscopy.

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

NO red or orange colored items

NO dairy products.

NO alcohol

NO marijuana the night before or the morning of procedure.

1PM: Mix up the gallon of GoLytyly prep with water and put in the refrigerator.

4PM: Begin drinking **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 AND YOUR LICENSED DRIVER MUST CHECK-IN TOGETHER. YOUR DRIVER MUST STAY AT THE CLINIC UNTIL YOU ARE DISCHARGED. THEY CANNOT DROP YOU OFF AND LEAVE OTHERWISE, YOU WILL BE RESCHEDULED.

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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 (no red, no orange) 7-Up, or Sprite to help maintain your blood sugar levels greater than 100.

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

DO NOT have ANYTHING by mouth after MIDNIGHT.

DO NOT use oral tobacco products, chewing gum, marijuana, mints, etc. after MIDNIGHT.

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, mints, coffee, etc.

4 HOURS BEFORE APPOINTMENT TIME:

Drink **ONLY** the remaining 1/2 gallon of Golytely, **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 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 colon finding or having to redo the procedure due to poor prep quality.

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