

## PATIENT EDUCATION

# Bowel Preparation Instructions: Extended Golytely (6)

It is very important to follow all the instructions to prepare for your procedure. Your colon must be empty, so the provider can see during the procedure. Many patients feel that bowel preparation is the hardest part of the procedure.

### Preparing for the procedure

- You will be using a Golytely bowel preparation to clean out your colon.
- A split-dose bowel preparation is utilized because studies have shown that it is more tolerable for patients and is more effective in cleaning out the colon allowing the provider to better visualize polyps.
- Please follow all instructions carefully. If you do not follow the directions properly, then your procedure may be canceled.

### Items to buy

- To get ready for your procedure, you will need to buy items for the bowel preparation.
- **Prescription required:**
  - Check with your pharmacy and fill your prescriptions for Golytely or generic equivalent.
- **No prescription needed:**
  - Miralax (4.1 ounces / 119 grams / 7 daily doses) or generic equivalent.

### Medication information

Some of the medicines you take may need to be stopped or adjusted temporarily before your procedure.

- Blood thinners
  - Such as Coumadin (warfarin), Ticlid (ticlopidine hydrochloride), Agrylin (anagrelide), Xarelto (Rivaroxaban), Pradaxa (Dabigatran), Pletal (Cilostazol), Brillinta (Ticagrelor), Eliquis (Apixaban), Effient (Prasugrel), Plavix (Clopidogrel), and adult Aspirin **325 mg**. If you are on an anticoagulant or antiplatelet not listed here, please notify the gastrointestinal team as soon as possible.
  - You must speak with your prescribing provider or the specialist at least 2 weeks before the scheduled procedure. Do not stop these medications without the consent of your provider.
- Aspirin **81 mg** (baby)
  - You may take your Aspirin 81 mg as prescribed with a sip of water.
- Insulin and diabetes medications
  - Please call the provider that monitors your glucose levels. Your medications may need to be adjusted due to the diet restrictions required for the procedure. Do not stop these medications without the consent of your provider.
- Glucagon-Like Peptide-1 (GLP-1 Agonist)
  - Such as Byetta (Exenatide), Saxenda (Liraglutide), Victoza (Liraglutide), Wegovy (Semaglutide), Trulicity (Dulaglutide), Bydureon (Exenatide), Mounjaro (Tirzepatide), or Rybelsus (Semaglutide).
  - You must speak with your prescribing provider or the specialist at least 2 weeks before the scheduled procedure. Do not stop these medications without the consent of your provider.

### Fourteen (14) days before your procedure

- Begin a low-fiber diet two weeks before your procedure. A low fiber diet helps make the cleanout more effective.
- Low fiber examples include:

- White bread, white rice, pasta, crackers, fish, chicken, eggs, ground beef, creamy peanut butter, cooked/boiled vegetables, canned fruit, bananas, melons, milk, plain yogurt, cheese, salad dressing, and other condiments.
- Do not eat high-fiber foods such as:
  - Popcorn, seeds (flax seeds, sunflower, and quinoa), multigrain breads or pasta, nuts, granola, salads, raw vegetables, or fresh and dried fruits. Limit the number of meats.

### Seven (7) days before your procedure

- Begin taking cap filled to the line of Miralax once daily for the entire week.
- Continue a low-fiber diet.
- Do not take fiber medications or supplements.
  - Examples: Metamucil or Citrucel.

### Five (5) days before your procedure

- Do not take medications that will stop diarrhea.
  - Examples: Imodium or Pepto-Bismol.
- Do not take any vitamins or supplements. Vitamins and supplements leave behind a film in the colon making it difficult for the provider to visualize smaller polyps.
  - Example: Multi-vitamins, fish oil, vitamin D, iron, or turmeric.
- Continue taking one cap full of Miralax daily.
- Continue a lower fiber diet.

### Three (3) days before your procedure

- Begin a full liquid diet.
- Full liquid diet examples include:
  - Water, ice, soda, tea, coffee, and nutritional supplements or shakes (Ensure, Boost, Protein Shakes), thin hot cereal such as Cream of Wheat or Cream of Rice, milk, soy milk, almond milk, rice milk, coconut milk, cashew milk, milkshakes, yogurt, custard, pudding, vegetable juices, pureed vegetable soups, juices without pulp, flavored gelatin, strained cream soups, broth, and popsicles.
- Do not eat any solid foods.
- Continue taking one cap full of Miralax daily.

### Two (2) days before your procedure

- Increase your water intake.
- Continue a full liquid diet.
- Continue taking one cap full of Miralax daily.

### One (1) day before your procedure

- Start your clear liquid diet.
- Only drink clear liquids the entire day before your procedure.
- A clear liquid diet includes:
  - Water, black coffee, or tea (no milk or cream), clear broth or bouillon, Gatorade, carbonated or non-carbonated soft drinks (Coke, Sprite), strained fruit juices without pulp (apple, white grape, white cranberry), Jell-O, and popsicles. **Remember, NO RED OR PURPLE LIQUIDS.**
- Do not eat any solid foods.
- At 9:00 a.m., mix the entire container of Golytely and shake well. Place Golytely in the refrigerator.
- At 4 p.m., start drinking your Golytely prep mixture. Drink an eight-ounce glass every 15 minutes until you have finished three liters (three-fourths of the container). It will take you three hours to finish drinking it.
- You may add a crystal light packet to each glass to improve the taste of the prep.
- Discard the remaining one liter of bowel preparation.

- You will need to be near a bathroom once you start drinking your prep mixture. You will have diarrhea and will need to be able to reach a bathroom quickly.
- Some people may feel nauseous, bloated, or vomit while drinking the bowel preparation. If this happens, take a 15-minute break, and then try drinking the prep mixture.

### The day of your procedure

- **Five** hours before your check-in time mix the entire container of Golytely and shake well. Then start drinking your Golytely prep mixture. Drink an eight-ounce glass every 15 minutes until you have finished three liters (three-fourths of the container). It will take you three hours to finish drinking it.
- You may add a crystal light packet to each glass to improve the taste of the prep.
- Discard the remaining one liter of bowel preparation.
- You will need to be near a bathroom once you start drinking your prep mixture. You will have diarrhea and will need to be able to reach a bathroom quickly.
- Some people may feel nauseous, bloated, or vomit while drinking the bowel preparation. If this happens, take a 15-minute break, and then try drinking the prep mixture.
- Your stool should be no longer formed but a clear or yellow liquid.
- You may drink clear liquids until two hours before your check-in time.
- Avoid red or purple liquids, dairy products, protein shakes, alcoholic beverages, chewing tobacco, and illicit drugs. The use of these will result in your procedure being canceled.
- You may take your medications with a sip of water.
- Remember, do not eat any solid foods.
- You may want to allow extra time to travel to your appointment as you may need to stop and use a restroom along the way.

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### Notes / Other instructions: