

Scheduled for: ____/____/____

Procedure Location: MCDS GOOD SAMARITAN GI LAB

LARGE VOLUME BOWEL PREPARATIONS: GUIDANCE FOR PEG PREP

Common Brands: Golytely, Gavilyte, Trilyte, Nulytely, and PEG-3350.

Please **follow only the instructions on this page**, not on the product label.

DAY BEFORE THE PROCEDURE:

Administration of Golytely Solution:

- In the morning, mix the Golytely solution as instructed on the box from the pharmacy. Then, put it in the fridge to keep it cold.
- At 6:00 PM, start drinking the Golytely. (This is a prescription-only medicine.)
- Drink one 8-ounce glass every 15 minutes until half the bottle is finished. This should take about 2 hours.
- Refrigerate the remaining half for the next morning. Do NOT drink the rest until the morning of your procedure-unless your doctor tells you otherwise.

Again, you may have clear liquids until midnight. After midnight, do not eat or drink, including medications.

Food Instructions:

- You have to be on a clear liquid diet the entire day before the procedure.
- Examples of clear liquids you can have: **Coffee (no cream), Tea, Pop (soda), Water, Clear juices, Gatorade, Clear soup broth, Popsicles, Jell-O**
- **Do NOT have any liquids** that are red or purple in color.
- **Do NOT** have any milk or dairy products.
- **Do NOT** have any solid food.

Medical Instructions to Follow:

Stop all medications by midnight, unless otherwise instructed by your physician.

PROCEDURE DAY:

Administration of Golytely Solution:

- The morning of the procedure, you will need to drink the second preparation set aside the day before.
- Start drinking the preparation 6 hours before your procedure starts.
- You will drink the preparation the same way you did the night before.
- Drink one 8-ounce glass every 15 minutes until half the bottle is finished. This should take about 2 hours, as last night.
- **The preparation must be completed at least 4 hours before your procedure.**
- For example, if your appointment is at **10 AM**, you must start at **4 AM** and finish drinking the preparation by **6 AM**. So, there is a 4-hour gap to your appointment.

Food Instructions:

- **Do NOT eat or drink the day of the procedure, starting from midnight, including any medications, gum, or candy.**

Medical Advice

- You will be given IV anesthesia, so you cannot drive yourself home.
- Make sure you have a responsible adult (18 or older) to go with you and take you home after the procedure.

If you have diabetes, do not take your diabetes medication the night before or the morning of the test. If you use insulin, talk to your primary care doctor to adjust your dose.

STOP TAKING THE FOLLOWING MEDICATIONS:

14 Days Before Your Procedure

If you are taking any diet pills such as Fenfluramine, Dexfenfluramine, or Phentermine, stop taking those 2 weeks before your colonoscopy. Failure to stop these medications may result in having to reschedule your procedure on the day of.

7 Days Before Your Procedure:

If you take GLP-1 Meds- Ozempic, Wegovy, Rybelsus, Trulicity, Byetta, Bydureon BCise, Saxenda, Victoza, Mounjaro, or any other weekly injectables for weight loss/diabetes, you must contact your prescriber to stop this medication 7 days before your procedure.

You may resume the medication after the procedure. If you have not stopped these medications 7 days prior, your procedure WILL be canceled per anesthesia.

5 Days Before Your Procedure:

Stop all medications such as Excedrin, Ibuprofen, Advil, Motrin, Aleve, Naprosyn, Naproxen, Celebrex, Celecoxib, Mobic, Meloxicam, Relafen and Nabumetone.

Stop all herbal medications, supplements, and vitamins 5 days prior to your procedure.

****TYLENOL IS OKAY TO TAKE.**

****YOU MAY CONTINUE TO TAKE A LOW DOSE (81MG) OF ASPIRIN.**

Blood-thinning medications, including Coumadin, Warfarin, Plavix, Xarelto, Pradaxa, Effient, Aggrenox, Eliquis, or Brilinta, must be stopped prior to your procedure as directed by the prescribing physician.

****Our office will send a request, but it is ultimately the patient's responsibility to also know if they can be off the blood thinner or not, and inform us as well.*

General Information:

- Female patients who still get their period will need to give a urine sample before the start of the procedure.
- Please **do not** wear jewelry or nail polish/acrylic nails for your procedure.