

# GOLYTELY| Colonoscopy Two Day Preparation Instructions

---

Name: «FirstName»      Date of Procedure With: Dr. «RendPrLName»      Arrival Time:  
Alaska Digestive Center: 563-1750      ARH: 264-2055      PAMC: 212-3149      SCOW: 631-3578  
4048 Laurel Street      2801 Debarr Rd      3220 Providence Dr      3190 E Meridian Park Lp  
STE 103a      (Main Entrance)      (Entrance 2)      Ste 111

## ONE WEEK BEFORE COLONOSCOPY

---

- You **must** have a responsible adult drive you home. If you do not have a ride arranged, we will not be able to perform the procedure. Public transportation is only allowed with an adult escort.
- Call your pharmacy prior to picking up the prep to ensure they have the prescription.
- Pick up one bottle of Magnesium Citrate and Bisacodyl tablets, these will be over the counter
- **Medications**
  - Blood-thinning medications may need to be discontinued. Take your last dose of      on
  - May continue to take regular medications, unless instructed by provider or nursing staff
- **Stop Taking**
  - Prescription Iron pills
- **Stop Eating**
  - Seeds, nuts, tomatoes, berries, corn, popcorn, and breads with seeds or nut

## TWO DAYS BEFORE COLONOSCOPY

---

- Obtain Covid Test
- **Start clear liquid diet. No solid foods, dairy or non-dairy products, juices with pulp, red or purple colors, and alcohol.**
- Clear Liquids include: Water, Apple Juice, Gatorade, Broth, Jello, Popsicles, soda, etc.
- Drink 8oz of clear liquids every hour starting at 1:00pm until 5:00pm (4- 8oz glasses total)
- At 5:30pm add Magnesium Citrate to an 8oz glass of cold water, stir until the fizzing stops. (Use a large glass) drink entire mixture within 15 minutes.
- Continue drinking 8oz of clear liquid every hour starting at 6:00pm until 9:00pm (4- 8oz glasses total)
- At 9:30pm take 4 (four) Bisacodyl tablets with water. **DO NOT CHEW!**
- Continue with Clear Liquid Diet

## ONE DAY BEFORE COLONOSCOPY

---

- Continue clear liquid diet. No solid foods, red or purple liquids, chewing gum, and alcohol.
- **Clear Liquids include: Water, Apple Juice, Gatorade, Broth, Jell-O, Popsicles, soda, etc.**
- Mix Golytely bowel prep solution:
  - Fill the container with lukewarm water to the fill line and put into the refrigerator to chill.
- Begin drinking the first half of the bowel prep solution around 6:00 pm. Drink 8 oz. every 10-15 minutes until first half is gone.
  - Take 4 (four) Bisacodyl tablets with your first glass of Golytely.
- After finishing half of the prep, drink two (2) 8 oz. glasses of water & continue clear liquids.
- Bowel movements should be watery.
- **Patients that are Diabetic**

- Evening Dose Only: Take ½ the dose of your diabetic medication(s) the day before your procedure
- No dose the day of the procedure

## **DAY OF COLONOSCOPY**

---

- Continue clear liquid diet–No Solid Food.
- Start drinking prep four (4) hours prior to procedure time:
  - Follow the prep instructions as listed above;
  - No Biscadoyl tablets will be needed with second half of prep.
  - NOTHING TO EAT OR DRINK THREE (3) HOURS PRIOR TO PROCEDURE TIME.