



Southwest Gastroenterology Associates  
7788 Jefferson St NE, Albuquerque, NM 87109  
Phone: (505) 999-1600  
Fax: (505) 999-1650  
southwestgi.com

Albuquerque's premier  
digestive health clinic

## Extended Golytely Split Dose Prep

<b>Date:</b>	<b>Time:</b>	<b>Physician:</b>
<b>Location: Southwest Endoscopy 7788 Jefferson St NE, Albuquerque, NM 87109</b>		
Please call to confirm appointment 505-999-1600		

**The following instructions are your physician's specific instructions. Please follow the instructions carefully to ensure a successful prep.**

You can reach your physician's office at: 505-999-1600



**NO SHOW:** Any patient who fails to keep an appointment will be charged a \$100.00 fee for scheduled procedure appointments. The fee must be paid prior to rescheduling any appointments.

**Cancellations** must be made 72 hours prior to your scheduled appointment. Any cancellation made less than 72 hours will be charged \$100.00. For Monday appointments, cancellations must be made by noon on the preceding Friday. This fee will have to be paid prior to rescheduling the appointment.

### Shopping List

**1 Week prior to your procedure purchase the following:**

- Pick up your prescription of Golytely bowel prep kit at your pharmacy
- Purchase 1 package of over the counter Dulcolax (Bisacodyl) Laxative 5mg tablets
- Optional for a sore bottom – plain or aloe baby wipes, Desitin, A&D ointment or Vaseline.
- Clear liquids

7 days prior to procedure	3 days prior to procedure	2 days prior to procedure	1 day prior to procedure	Day of procedure
<p>Pick up your Prescription for Golytely at your pharmacy.</p> <p>Purchase 5mg Dulcolax/Bisacodyl tablets</p> <p><b>Special Notes:</b> Let us know if you are on any of the following blood thinners: Plavix, Coumadin, Effient, Pradaxa, Elixia, Xarelto or other blood thinning medications.</p> <p><b>STOP:</b> iron supplements or vitamins that contain iron</p> <p><b>STOP:</b> fish oil, krill oil or shark oil supplements.</p>	 <p><b>STOP</b> eating any vegetables, fruits, or corn. No foods that contain seeds like tomatoes, green chile or sesame seed buns.</p> <p>You can eat meat, fish, rice, pasta, breads without seeds, peanut butter, eggs, cheese and cereal.</p> <p>Purchase clear liquid diet items, ointment, reading material, etc.</p>	 <p>Continue to avoid vegetables, fruits, or corn. No foods that contain seeds like tomatoes, green chile or sesame seed buns.</p> <p>Confirm arrangements with your driver.</p>	<p><b>NO SOLID FOODS, CLEAR LIQUIDS* ONLY</b> upon rising, until after your procedure. A clear liquid diet is necessary for a colonoscopy. Alcohol is not permitted</p> <p><b>Prep at a Glance</b>  <b>12:00 pm</b> take 4 Dulcolax/Bisacodyl tablets  <b>5:00 pm</b> take first dose of prep solution</p> <p>Drink plenty of water and liquids throughout the day to avoid dehydration.</p>	<p><b>8 hours prior to your procedure</b></p> <p>Begin drinking the second dose of prep solution.</p> <p>Do not eat or drink <b>6 hours prior</b> to your procedure except for your usual medication with small sips of water 2 hours prior to your procedure.</p> <p>Do not skip heart, blood pressure or seizure medications.</p>

**\*Clear Liquid Diet Details: NO RED or PURPLE. NO DAIRY**

**Approved**

Sodas, coffee, tea  
Clear juices, fitness waters  
Popsicles without pulp  
Chicken, vegetable and beef broth  
Gelatin

**Avoid**

No milk/dairy  
No juices with pulp  
**NO RED or PURPLE**



# GOLYTELY-EXTENDED BOWEL PREP

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## Bowel Prep Frequently Asked Questions

### What is a clear stool?

A clear stool can have a slight tint of yellow or brown. It will be completely transparent, and will not contain any solid matter.

### I am not having bowel movements, what should I do?

Bowel movements can take up to 5-6 hours after beginning the prep to start. Be patient, continue to drink liquids. If you have not had a bowel movement by midnight the night prior to your procedure, you will need to reach the on call physician for further instructions.

### The prep is making me nauseous, what should I do?

If you develop nausea or vomiting, slow down the rate at which you drink the solution. Please attempt to drink all of the laxative solution even if it takes you longer. If vomiting persists, or you are not able to finish the preparation, stop the preparation and call your physician's office for further instructions.

### What are some high fiber foods I should avoid?

Raw fruits and vegetables are typically high in fiber, as well as nuts, seeds, whole grain breads and beans and lentils.

### What are some good options for low fiber foods?

Choose white bread and white rice for lower fiber options, as well as pastas made with white flour. Chicken, fish, dairy and eggs are also low in fiber and good choices for foods 2-3 days before you begin your prep.

### If I eat popcorn or seeds 3 days before my procedure do I need to reschedule?

You will not need to reschedule your procedure, however the seeds or nuts may cause a difficulty in screening and require a need for rescreening. If you have eaten a large amount of seeds or nuts, you may want to contact the nurse or physician.

### Can I drink ALCOHOL on the liquid diet?

Alcohol is not allowed as part of the liquid diet.

### Can I continue to be on the liquid diet after I begin consuming the laxatives?

Yes, you may continue the liquid diet until you are directed to discontinue anything by mouth, which is typically 6 hours prior to the procedure.

### Why do I have to wake up so early for the 2<sup>nd</sup> dose, can't I take it all the night before?

A split prep has proven to be the most effective for a successful colonoscopy. It is essential that you follow the directions provided with your prep medications.

### If I weigh under 100 pounds do I need to take all of the prep?

The liquid amount is not weight dependent. It is important to finish the prep for a successful colonoscopy.

# GOLYTELY-EXTENDED BOWEL PREP

## Prep Day: The day before your procedure

**No solid foods** upon rising, until after your procedure. Drink plenty of water throughout the day to avoid dehydration.

1

**12:00 PM** the day prior to your procedure  
Take 4 (5mg) Dulcolax/Bisacodyl tablets with a glass of water



2

**12:00 PM** the day prior to your procedure  
Prepare mix by adding drinking water to the indicated line (4 liters) near the top of the gallon jug. Shake until powder is mixed with the liquid and chill in the refrigerator. Solution **MAY NOT** be mixed with any other drink and **MUST BE** used within 24 hours after mixing.



3

**5:00 PM** the day prior to your procedure  
Begin drinking, and drink **HALF OF THE MIXTURE (64 oz.)** Drink an 8 oz. glass of the solution every 10-15 minutes **until half of the solution is gone.**  
**Shake the container before pouring each dose.**  
Continue to drink water, clear soda or clear sports drinks throughout the evening.



*Individual responses to laxatives vary. This preparation will cause multiple bowel movements, stay close to a bathroom.*

## Prep Day: The day of your procedure

4

**8 hours prior to your procedure**  
Begin drinking, and drink **THE REMAINDER OF THE MIXTURE (64 oz.)** Drink an 8 oz. glass of the solution every 10-15 minutes **until half of the solution is gone.**  
**Shake the container before pouring each dose.**  
**\*Prep must be completed no later than 6 hours prior to your procedure.**



# GOLYTELY-EXTENDED BOWEL PREP

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## THE DAY OF THE PROCEDURE

If your procedure is before 7 AM, please check in at 6:30 AM. Our office opens at 6:30 AM.

- **Start drinking the second dose of the prep 8 hours prior then nothing for 6 hours prior to your procedure**
- TAKE YOUR BLOOD PRESSURE MEDICATIONS, HEART MEDICATIONS, OR SEIZURE MEDICATIONS AS PRESCRIBED WITH A SMALL SIP OF WATER AT LEAST 2 HOURS PRIOR TO YOUR PROCEDURE.
- **You must arrange to have a responsible adult (18 or older) come with you to your procedure to drive you home.** You are not allowed to drive, take a bus, or leave the facility alone. Your driver does not need to stay at our facility during your procedure but needs to remain reachable by phone.
- You will need your current insurance card, picture ID, and copayment.
- If you are female under age 50 you may need to submit a urine specimen for a pregnancy test.

**If you have any questions or concerns about the preparation, please contact Your Patient Advisor by calling 800-349-0285 or emailing [support@yourpatientadvisor.com](mailto:support@yourpatientadvisor.com).**

## Diabetic Medication and Diet Instructions for Colonoscopy

The following information is both diet and medication recommendations for our diabetic patients undergoing endoscopic procedures. These are general guidelines. Please contact your healthcare provider who manages your diabetes for questions.

**For people with diabetes, any procedure that causes you to miss a meal or change your usual meal plan will require special planning to safely manage your blood sugar levels.**

- Schedule the appointment for early in the day so that you can eat afterwards and take your medication as close to the usual time as possible .
- Check your blood glucose level before all meals and at bedtime on the preparation day and on the day of the procedure.
- Check your blood glucose if at any time you have symptoms of low blood glucose or very high blood glucose.

**DIET: Clear liquid food choices for the day before your colonoscopy:**

**Aim for 45 grams of carbohydrate at meals and 15-30 grams of carbohydrate for snacks. Avoid anything that is colored RED, ORANGE, or PURPLE. Look for CLEAR, YELLOW, or GREEN flavors (examples: lemon, lime, apple, white grape, peach, banana).**

<u>Food Item:</u>	<u>Grams of Carbohydrate:</u>
1. *Ensure Active Clear (4 ounces)	18
2. *Clear Boost Breeze (4 ounces)	27
3. clear apple juice (not cider) (4 ounces)	15
4. white grape juice (4 ounces)	20
5. Jello (gelatin), regular sweetened (1/2 cup)	17
6. popsicles or ice pops (read label)	15
7. Italian ice (1/2 cup)	16
8. sugar (for coffee or tea) (1 teaspoon or packet)	4
9. fat-free broth, bouillon, or consommé	0
10. diet clear soda	0
11. coffee	0
12. tea, unsweetened or diet	0
13. Seltzer	0
14. flavored water	0

\*May not be available locally, but can be purchased online. Check your local pharmacy

## SAMPLE MENU

Avoid foods that are colored red, orange or purple

Breakfast	Lunch	Dinner
Apple or white grape juice (1 cup) Regular sweetened Jello (1/2 cup) Tea with lemon	Broth Italian ice (1 cup) Tea with lemon Regular sweetened Jello (1/2 cup)	Broth Apple or white grape juice (1 cup) Tea with lemon Regular sweetened Jello (1/2 cup)

## MEDICATIONS:

### DAY PRIOR TO PROCEDURE (Preparation Day)

Follow the clear liquid described above and adjust your medications as follows:

If you take:	Morning	Lunch/Dinner	Bedtime
Glucophage(metformin), Januvia, Janumet, Byetta, Tradjenta, Onglyza, Invokana, Avandia, Avandamet, Actos (pioglitazone), ACTOplus Met (pioglitazone & metformin), Farxiga	Take your usual dose	Take your usual dose	
Glucotrol, Glucotrol XL, Micronase (glyburide), Glucovance (glyburide and metformin), Jardiance, Metaglip (glipizide& metformin HCl), Prandin (repaglinide), Starlix (nateglinide), Victoza, Amaryl (glimepiride), Avandaryl, DiaBeta, Glynase, Duetact (pioglitazone & glimepiride).	Do not take	Do not take	Do not take
Lantus Levemir	Take your usual dose		Take your usual dose
Humalog, Novolog, Regular Insulin or NPH Insulin  If you use insulin sliding scale, then you may continue using it.	Take ½ the usual amount if you take a fixed dose— OR—Cover your carbs with your usual carb ratio	Take ½ the usual amount if you take a fixed dose— OR—Cover your carbs with your usual carb ratio	
Premixed insulin; 75/25, Novolin 70/30 or Novolog Mix 70/30	Take ½ the usual dose at breakfast	Take ½ the usual dose at dinner	

## DAY OF PROCEDURE

Do not make up or “double up” on any missed medication after the procedure

<b>If you take:</b>	<b>Morning</b>	<b>Lunch/Dinner</b>	<b>Bedtime</b>
Glucophage(metformin), Januvia, Janumet, Byetta, Tradjenta, Onglyza, Invokana, Avandia, Avandamet, Actos (pioglitazone), ACTOplus Met (pioglitazone & metformin), Farxiga	<b>DO NOT TAKE</b>	<b>DO NOT TAKE</b>	
Glucotrol, Glucotrol XL, Micronase (glyburide), Glucovance (glyburide and metformin), Jardiance, Metaglip (glipizide& metformin HCl), Prandin (repaglinide), Starlix (nateglinide), Victoza, Amaryl (glimepiride), Avandaryl, DiaBeta, Glynase, Duetact (pioglitazone & glimepiride).	<b>DO NOT TAKE</b>	Resume your usual dose if eating	
Lantus Levemir	Take ½ the usual dose		Resume your usual dose
Humalog, Novolog, Regular Insulin or NPH Insulin  If you use insulin sliding scale, then you may continue using it.	<b>DO NOT TAKE</b>	Resume your usual dose if eating	
Premixed insulin; 75/25, Novolin 70/30 or Novolog Mix 70/30	<b>DO NOT TAKE</b>	Resume your usual dose if eating	