



# Extended Golytely Split Dose Prep

Southwest Endoscopy

7788 Jefferson St NE, Albuquerque, NM 87109

Please call to confirm appointment 505-999-1600

Appointments missed or cancelled with less than 4 business days will result in a \$200 fee in accordance with applicable office policies.



To make your check-in easier, scan the QR code to review all required forms before your procedure, including informed consent, patient rights, and anesthesia consent. You will sign these at check-in. If you're unable to scan, the forms will be available when you arrive.

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

**Important:** Review this guide at least one week before your procedure. Do not follow the directions on the Polyethylene Glycol 3350 OTC or Miralax bottle—only use the instructions provided here. Adherence to these instructions and full completion of the preparation process are necessary for optimal bowel cleansing.

**Blood Thinners:** If you are taking any blood thinners and this was not discussed with your doctor's office at the time of scheduling, *please call us at least 5 days before starting your preparation.* These include, but are not limited to, Coumadin (Warfarin), Plavix (Clopidogrel), Xarelto (Rivaroxaban), Pradaxa (Dabigatran), Eliquis (Apixaban), Arixtra (Fondaparinux), and Effient (Prasugrel).

**Insulin Users:** If you are taking insulin and this was not discussed at the time of scheduling, you must contact your prescribing physician at least 5 days before beginning the preparation.

**Iron Supplements:** Stop taking any iron supplements, including those in multivitamins, 7 days prior to your procedure.

**GLP-1 Medications:** If you are taking any GLP-1 medications such as Dulaglutide (Trulicity), Liraglutide (Saxenda), Exenatide (Byetta, Bydureon Bcise), Tirzepatide (Mounjaro, Zepbound), Semaglutide (Ozempic, Wegovy, Rybelsus), Lixisenatide (Adlyxin), or Albiglutide (Tanzeum), **DO NOT STOP** taking and you must have a clear liquid diet the day before your procedure.

**Diabetic Medications:** If you are diabetic, do not take your diabetic pills the evening before or the day of your colonoscopy.

**All Other Medications:** Continue all other prescribed medications daily prior to the procedure. On the day of your colonoscopy, it is okay to take them with a small sip of water.

**Pain Relievers:** You may continue aspirin, Tylenol, and NSAIDs including ibuprofen, Motrin, Aleve, Naproxen, Celebrex, or Mobic.

**Transportation Requirement:** You must arrange for a responsible adult to drive you home after the procedure. You will not be allowed to drive yourself, and may not take Uber, Lyft, taxi, or public transportation unless accompanied by an adult companion.

## 1 week prior to your procedure purchase the following:

- Pick up your prescription of Golytely (2 jugs) bowel prep kit at your pharmacy.
- Purchase 1 package of over-the-counter Dulcolax (Bisacodyl) Laxative 5mg tablets (you will only need 4 tablets)
- Optional for a sore bottom – plain or aloe baby wipes, Desitin, A&D ointment, or Vaseline.
- Clear liquids



When purchasing Dulcolax tablets, **ensure you purchase the Dulcolax Laxative** tablets, not the Dulcolax stool softener tablets, as shown in the images above and below.

- You will need your current insurance card, picture ID, and copayment.
- Please leave all valuables at home or with your driver.
- If you are female under age 50 you may need to submit a urine specimen for a pregnancy test

All patients must check in for their procedure 60 minutes before the procedure time. For example, if your procedure is set for 7 a.m., please check in at 6 a.m., as our office opens at 6 a.m. Please allocate 2-3 hours for your visit.

**\*\*Common symptoms from colonoscopy prep include nausea, vomiting, and chills. If you experience severe nausea or vomiting, pause ALL oral intake including your preparation and resume in 1-2 hours. If you continue vomiting, you may call the on-call doctor for guidance\*\***

For questions regarding you prep please contact the number below.

GiftHealth Patient Support Call Center:

M-F 8AM-9PM EST

Sat 8AM-2PM EST

1-833-614-4438

**7 days prior to procedure**

Pick up your prescription for Golytely at your pharmacy. Purchase 5mg Dulcolax/Bisacodyl tablets.

**Special Notes:** Let us know if you are on any of the following blood thinners: Plavix, Coumadin, Effient, Pradaxa, Eliquis, Xarelto or other blood thinning medications.

**STOP:** iron supplements or vitamins that contain iron

**STOP:** fish oil, krill oil or shark oil supplements.

**3 days prior to procedure**



**STOP** eating any vegetables, fruits, or corn. No foods that contain seeds like tomatoes, green chile or sesame seed buns.

You can eat meat, fish, rice, pasta, breads without seeds, peanut butter, eggs, cheese and cereal.

Purchase clear liquid diet items, ointment, reading material, etc.

**2 days prior to procedure**



Confirm arrangements with your driver.

**NO SOLID FOODS**

**NO ALCOHOL**

**Clear liquids only** from the time you wake up until after your procedure A clear liquid diet is necessary for a colonoscopy.

**1 day prior to procedure**

**CONTINUE:**  
**NO SOLID FOODS**  
**NO ALCOHOL**

**Clear liquids only** from the time you wake up until after your procedure A clear liquid diet is necessary for a colonoscopy.

Drink plenty of water and liquids throughout the day to avoid dehydration.

Detailed, step-by-step instructions continue on page 4.

**Day of procedure**

**8 hours prior to your procedure**

Begin drinking the remaining 64oz of prep solution.

**Remember, you will not have any solid foods this day.**

Do not drink **6 hours prior** to your procedure except for your usual medication with no more than 2 oz of water 2 hours prior to your procedure.

Do not skip heart, blood pressure or seizure medications.

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

**Approve**

- 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



## Prep Day: Two days before your procedure

*Drink plenty of water throughout the day to avoid dehydration.*

1

### 8:00 AM two days prior to your procedure

Prepare the 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.



The solution **MAY NOT** be mixed with any other drink and **MUST BE** used within 24 hours after mixing

2

### 12:00 PM two days prior to your procedure.

Take 4 (5mg) Dulcolax/Bisacodyl tablets with a glass of water.



3

### 4:00 PM two days 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.**



## Prep Day: The day before your procedure

4

### 12:00 PM the day 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 the first jug is finished.



## Prep Day: The day before your procedure

*Drink plenty of water throughout the day to avoid dehydration.*

5

**4:00 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.**



## Prep Day: The day of your procedure

6

**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.

