

# COLONOSCOPY PREPARATION INSTRUCTIONS

Please read this entire document to ensure your **GoLytely (AM)** bowel preparation is correctly performed

## STEP 1

### 7 DAYS BEFORE PROCEDURE

#### DO

- Ensure you have received your **Prep Package** from **Gift Health** or Rx sent to your pharmacy
- All of your prep supplies and instructions will be provided. Follow the instructions provided by us
- You should have received:
  - **GOLYTELY Bowel Prep**
  - **MIRALAX**

#### DON'T

- Inject your weekly GLP-1
- Take your PRESCRIBED BLOOD THINNER. You will have been given instructions on when to hold this medication prior to your procedure. **If you have not been given specific instructions, please immediately call us at (530) 246-7000**

## STEP 2

### 3 DAYS BEFORE PROCEDURE

#### DO

- After lunch:** Mix 2 capfuls of **MIRALAX** (34g) in any 8 to 16 oz of water, gatorade or plain juice. **You will repeat this step for the next 2 days after lunch**
- Confirm you have a driver on procedure day.

#### DON'T

- Eat high fiber foods/roughage (You will be on a **Low Residue diet** today and transition to a **Soft Diet tomorrow**)
- Eat nuts and seeds

## STEP 3

### 1 DAY BEFORE PROCEDURE

#### DO

- Start a **Clear Liquid Diet** in the morning and continue until 3 hours prior to your procedure.
- If you are on any diabetic meds please refer to the Diabetic Med Guide provided in your Prep Package**

#### DON'T

- Eat Solid Food or drink Dairy Products, Alcohol, Red/Purple Colored Products

**Lunch:** Mix 2 capfuls of **MIRALAX** (or measure out 34g), in water, Gatorade or plain juice and drink.

#### Starting at 5pm:

- Begin drinking **GOLYTELY** (shake well)
- Drink a large glass of the prep (8oz) every 10 minutes. It is best to drink the whole glass rapidly rather than sipping slowly. **For best results, do NOT spend more than 4 hours finishing the prep**
- Bowel movements usually occur 1 to 3 hours after starting the prep
- *Feelings of bloating and/or nausea are common. If you have these symptoms, stop drinking the prep for 30 minutes then try again at a slower rate: 8 oz every 15-20 minutes.*

**\*\*YOU MAY DRINK CLEAR LIQUIDS UP UNTIL 3 HOURS BEFORE YOUR PROCEDURE\*\***

## STEP 4

### DAY OF PROCEDURE

#### DO

- Take your regular morning medications with small sips of water. **ESPECIALLY your BLOOD PRESSURE MEDS**
- Refer to the Diabetic Med Guide**

#### DON'T

- Eat Solid Food or drink Dairy Products, Alcohol, Red/Purple Colored Products

#### 3 HOURS BEFORE Arrival:

- STOP ALL LIQUIDS
- NO gum, mints, hard candy, marijuana, cigarettes, chewing tobacco

**Your bowel movements should be: liquid and clear/yellow or urine-like**

If you have any preparation issues or questions, contact the Procedure Center at 530-246-7000