

COLONOSCOPY PREPARATION INSTRUCTIONS

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

STEP 1

7-10 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. You should have received:
 - **GoLytely Bowel Prep**
 - **MIRALAX - 12 capfuls total (17g per capful)**

DON'T

- Inject your weekly GLP-1
- Eat high fiber foods/roughage. You will be on a **Low Residue Diet** for 6 days up until the day before your procedure
- Avoid nuts and seeds
- 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

7 DAYS BEFORE PROCEDURE

DO

- Follow a **Low Residue Diet** (See handout)
- Confirm you have a driver on procedure day
- For the next 6 days AFTER LUNCH:**

-Mix 2 capfuls of **MIRALAX** (34g) in any 8 to 16 oz of water, gatorade or plain juice

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 or found on our website www.reddingendoscopy.com

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

Starting at 5pm:

- You will drink **HALF** of the gallon of **GOLYTELY** tonight (shake well). The second half will be completed the next day
- 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 procedure.
- 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.

DON'T

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

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

6 HOURS BEFORE Arrival:

- Drink the second half of the gallon of GoLytely
- Your bowel movements should be: liquid and clear/yellow or urine-like

3 HOURS BEFORE Arrival:

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

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