

Bowel Prep Instructions – Extended Golytely®

Your doctor will use a small camera to look inside your colon (bowel). In order to see inside, you will need to clean out your colon.

Please use this checklist to make sure you are ready for the procedure. If you do not, your procedure may be cancelled or have to be repeated. If you have questions, please contact your doctor's office.

**Location of my colonoscopy: Kalamazoo Endo Center
3300 Cooley Ct.
Portage, MI 49024**

One week before my colonoscopy:

I need to buy:

Two 4-liter bottles of Golytely®/Nulytely® at the pharmacy. A prescription has been sent to my pharmacy. I may need to check with the pharmacy to see if they have Golytely®/Nulytely® in stock.

Dulcolax® laxative tablets (not a stool softener and not a suppository).



Buy clear liquids. These are liquids that I can see through. Examples are water, clear broth, bouillon, clear sodas (7-Up®, Sprite®, ginger ale), apple juice, black coffee, tea, popsicles (no red, blue or purple), Jell-O (not red, blue or purple) and pulp free lemonade.

- I will not be able to drink milk products, red, blue or purple colored liquids, orange juice or alcohol.

I need to tell my doctor about ALL the medicines I take.

Blood thinners such as Coumadin® (warfarin), Plavix® (clopidogrel), Xarelto® (rivaroxaban), Eliquis® (apixaban), Pletal® (cilostazol), Brillinta® (ticagrelor), Aggrenox® (ASA/dipyridamole), Effient® (prasugrel) or Savaysa® (edoxaban), full-strength Aspirin 325mg. Baby Aspirin (81mg) is ok.

Diabetes medicines may need to be adjusted. I will tell my primary care doctor that I am having a colonoscopy so they can change my doses, if needed.

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Revised 5/11/2021

Blood pressure medicines will continue as directed by my doctor. A nurse will tell me which medications I can take on the day of the procedure.

Vitamins and dietary supplements will need to be stopped 5 days before my colonoscopy. This includes herbal supplements and fish oil.

I need to arrange an adult to drive me to and from the procedure.

I will be given medicines to make me sleepy and will not be able to drive or operate machines after the procedure. I will not be allowed to take a bus, taxi, Uber/Lyft, or walk home unless I am with an adult. My procedure will be cancelled if an adult is not with me.

5 days before the procedure:

- Stop taking iron pills, herbal medicines, supplements and vitamins.
- Stop NSAIDs (Motrin[®], Advil[®], ibuprofen, Excedrin[®], Aleve[®], Naprosyn[®], Celebrex[®], Toradol[®], full-strength Aspirin 325mg, etc.)
- Stop eating nuts, seeds, popcorn and corn.

2 days before the procedure:

- At 9am, take 2 Dulcolax[®] tablets (5 mg each).
- I will drink only clear liquids after lunch. I cannot eat any solid food or dairy products.
- In the morning, fill the first Golytely[®]/Nulytely[®] jug to the fill-line with water and shake well. Put in refrigerator for best taste
- At 5pm, drink 8 oz. of Golytely[®]/Nulytely[®] every 15-30 minutes until you have only half of the jug left. Stay near the bathroom.
 - o Most people will start to have diarrhea within 2 hours after drinking the mix. After some time, the diarrhea will be thin liquid with little or no solids.
 - o If I start to feel sick to my stomach, I will try drinking the mix slowly. Walking around may help.
 - o Continue to drink at least four 8 oz. glasses of clear liquids. No alcohol or marijuana.
- At 9 PM, take 2 Dulcolax[®] tablets (5 mg each)

1 day before the procedure:

- I will drink only clear liquids. I cannot eat any solid food or dairy products.
- In the morning, fill the second Golytely[®]/Nulytely[®] jug to the fill-line with water and shake well. Put in refrigerator for best taste.
- At noon take 2 Dulcolax[®] tablets (5 mg each). Drink at least four 8 oz. glasses of clear liquids
- At 5pm, drink the remaining half of the jug (8 oz.) of Golytely[®]/Nulytely[®] every 15-30 minutes. Stay near the bathroom.
 - o If I start to feel sick to my stomach, I will try drinking the mix slowly. Walking around may help.
- Continue to drink at least four 8 oz. glasses of clear liquids. No alcohol or marijuana.

Morning of the procedure:

- I can take my normal medicines with a sip of water.
- 6 hours before your arrival time: drink half of the jug (8 oz.) of Golytely[®]/Nulytely[®] every 15-30 minutes. Stay near the bathroom. You may discard the last ½ of the jug.
 - o If I start to feel sick to my stomach, I will try drinking the mix slowly. Walking around may help. You may take up to two hours to drink the Golytely/Nulytely.
 - o The last bowel movement before my arrival should be like water, yellow to clear and you should be able to see to the bottom of the toilet.
- All liquids must be done by 4 hours before your arrival time.
- Starting 4 hours before your arrival time: Do not drink anything until after your procedure. No gum, candy, or sips of any liquid.