

# Bowel Prep Instructions - Golytely<sup>®</sup> Split Prep

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

**Date of my colonoscopy:** \_\_\_\_\_ **Arrival time:** \_\_\_\_\_  
**Location of my colonoscopy:** \_\_\_\_\_

## One week before my colonoscopy:

### I need to buy:

One 4-liter bottle of Golytely<sup>®</sup>/Nulytely<sup>®</sup> 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<sup>®</sup>/Nulytely<sup>®</sup> in stock.

Dulcolax<sup>®</sup> (bisacodyl) laxative tablets (not a stool softener and not a suppository).  
You will only need 2 tablets for the prep.



Buy clear liquids. These are liquids that I can see through. Examples are water, clear broth, bouillon, clear sodas (7-Up<sup>®</sup>, Sprite<sup>®</sup>, 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<sup>®</sup> (warfarin), Plavix<sup>®</sup> (clopidogrel), Xarelto<sup>®</sup> (rivaroxaban), Eliquis<sup>®</sup> (apixaban), Pletal<sup>®</sup> (cilostazol), Brillinta<sup>®</sup> (ticagrelor), Aggrenox<sup>®</sup> (ASA/dipyridamole), Effient<sup>®</sup> (prasugrel) or Savaysa<sup>®</sup> (edoxaban), full-strength Aspirin 325mg. Baby Aspirin (81 mg) 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.

**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. I 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.

**My bowel prep schedule:**

**7 days before the procedure:**

Begin a low-fiber diet

I can eat:	I should not eat:
<ul style="list-style-type: none"><li>• Tender, well-cooked meat or poultry, fish, eggs, tofu, creamy peanut butter.</li><li>• White rice, breads, crackers, pasta, potatoes (no skin).</li><li>• Applesauce, ripe bananas, peaches; cooked or canned fruit without seeds or skin.</li><li>• Well-cooked or canned vegetables without seeds like green beans, carrots, pumpkin, yellow squash or beets.</li></ul>	<ul style="list-style-type: none"><li>• Tough, chewy meats.</li><li>• Whole wheat or whole grain breads, pastas, rice or crackers.</li><li>• Popcorn, nuts, granola, seeds.</li><li>• Berries, dried fruits, pineapple.</li><li>• Any vegetable with seeds, peas, beans, corn, broccoli, tomatoes.</li><li>• Jams, preserves, marmalade, crunchy peanut butter (jelly is ok).</li><li>• Raw or uncooked vegetables.</li></ul>

**5 days before the procedure:**

Stop taking iron pills, herbal medicines, supplements and vitamins.

Stop taking NSAIDs (Motrin<sup>®</sup>, Advil<sup>®</sup>, ibuprofen, Excedrin<sup>®</sup>, Aleve<sup>®</sup>, Naprosyn<sup>®</sup>, Celebrex<sup>®</sup>, Toradol<sup>®</sup>, full-strength Aspirin 325mg etc.).

## **2 days before the procedure:**

- At 9pm, fill the Golytely®/Nulytely® jug to the fill-line with water and shake well. Put in refrigerator for best taste.

## **1 day before the procedure:**

- I will only drink clear liquids. I cannot eat any solid food or dairy products.
- At noon take 2 Dulcolax® (bisacodyl) tablets (5 mg each). Drink at least four 8 oz. glasses of clear liquids.
- At 5pm, drink 8 oz. of Golytely®/Nulytely® every 15-30 minutes until you have only half of the jug left. Stay near a 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.
- Continue to drink at least four 8 oz. glasses of clear liquids. No alcohol or marijuana.

## **Morning of the procedure:**

- At \_\_\_\_\_, drink 8 oz. of Golytely®/Nulytely® every 15-30 minutes until you have no more left in the jug. Stay near a bathroom.
  - o The last bowel movement before my arrival should be like water.
- I can take my normal morning medicines that the nurse told me are okay to take.
- All liquids must be done by \_\_\_\_\_.