

2 DAY GOLYTELY Instructions

You are scheduled for a colonoscopy with Dr. _____ on _____. To ensure that your test is accurate and complete, you MUST follow these instructions listed below. If you have any questions, please call our office at 504-464-8588. Plan on being at the hospital for your procedure for 3-4 hours.

2 DAYS BEFORE YOUR COLONOSCOPY:

1. Eat a normal breakfast and lunch, but after lunch you will start your CLEAR LIQUID DIET. FOR SUPPER/DINNER YOU WILL HAVE CLEAR LIQUIDS.
CLEAR LIQUID DIET:
 - Avoid Red, Orange, Purple, and/or Blue food coloring
 - NO DAIRY
 - You can have: Coffee with sugar (no creamer), tea, water, soda, apple or white grape juice, chicken or beef broth/bouillon (no meat, noodles, or veggies), green/yellow popsicles, green/yellow Jell-O, lemonade.
2. **At 4pm, drink ONE ENTIRE BOTTLE OF MAGNESIUM CITRATE**

1 DAY BEFORE YOUR COLONOSCOPY:

1. Follow a CLEAR LIQUID DIET for the entire day before your scheduled colonoscopy. This means no solid food the entire day starting when you wake. You may have as much of the clear liquids as you want throughout the day.

CLEAR LIQUID DIET:

- Avoid Red, Orange, Purple, and/or Blue food coloring
- NO DAIRY
- You can have: Coffee with sugar (no creamer), tea, water, soda, apple or white grape juice, chicken or beef broth/bouillon (no meat, noodles, or veggies), green/yellow popsicles, green/yellow Jell-O, lemonade.

2. MIX GOLYTELY/COLYTE/NULYTELY (all names for same product) WITH ONE (1) GALLON OF WATER. YOU MAY ADD A FLAVOR PACKET OR YELLOW/GREEN POWDER DRINK MIX TO THIS. PUT IN REFRIGERATOR.

This is easier to drink if this solution is cold, so you can mix the solution one day ahead of time and place in the refrigerator prior to drinking. You have to drink the solution within 24-36 hours of mixing it. Do NOT put this solution over ice. It IS ok to drink with a straw.

3. **AT 5 PM THE DAY BEFORE YOUR COLONOSCOPY, DRINK ONE (1) 8 OUNCE GLASS OF MIXTURE EVERY 10 MINUTES UNTIL HALF OF THE GALLON IS CONSUMED.** Keep this mixture cold and in refrigerator as much as you can while drinking it. Place the remaining half of mixture in the refrigerator when you finish the first half.

4. **The endoscopy department will call you 2 days before your colonoscopy to tell you the exact time to arrive, AND to tell you the exact time to drink the 2nd portion of your prep (which will be FIVE HOURS BEFORE YOUR ARRIVAL TIME).** At this time given to you, DRINK ONE (1) 8 OUNCE GLASS OF MIXTURE EVERY 10 MINUTES UNTIL THE OTHER HALF IS CONSUMED. Keep the mixture cold while you are drinking it. Once this is complete, you may not have ANYTHING else by mouth!

5. **You must have someone with you to DRIVE YOU HOME since you will be receiving IV sedation for the colonoscopy.**

6. It is ok to take your **heart, blood pressure, and seizure** medications in the morning of your test with a SIP of water. Hold other medications until after your procedure. Do NOT have anything else to eat or drink the morning of your colonoscopy. It is ok to brush your teeth.

7. If you are on blood thinners THAT YOU HAVE BEEN INSTRUCTED TO HOLD BY YOUR DOCTOR FOR THIS PROCEDURE, then do NOT take this the morning of your colonoscopy. Do NOT stop these medications on your own, they must be approved to be held by your doctor. Your colonoscopy can NOT be done if you are on these medications. Examples of blood thinners include: Coumadin, Aggrenox, Plavix, Pradaxa, Reapro, Pletal, Xarelto, Ticagrelor, Brilinta, Eliquis, and high dose aspirin (325 mg). **You do not have to stop baby aspirin 81 mg.**

8. **IF YOU ARE DIABETIC:** NO INSULIN OR ORAL MEDICATIONS THE MORNING OF THE COLONOSCOPY. TAKE ONLY HALF THE DOSE OF YOUR INSULIN THE DAY BEFORE THE COLONOSCOPY. DO NOT TAKE ANY ORAL DIABETIC MEDICATIONS THE DAY BEFORE THE COLONOSCOPY. **IF YOU ARE AN INSULIN DEPENDENT DIABETIC WITH UNSTABLE BLOOD SUGARDS, NOTIFY YOUR PRIMARY CARE PHYSICIAN FOR INSTRUCTIONS.**