

## GOLYTELY PREP INSTRUCTIONS

Patient: \_\_\_\_\_ Gastroenterologist: \_\_\_\_\_

Date of test: \_\_\_\_\_ Time to arrive: \_\_\_\_\_

***Your arrival time may need to be adjusted based on the doctor's schedule***

### Where to check in:

- Kootenai Clinic Endoscopy 4th Floor (1919 Lincoln Way, Suite 416)  
Specialty Procedures (2003 Kootenai Health Way - South hospital entrance registration desk)

### Heart or blood pressure medication:

- If your test is in the morning, take your heart and/or blood pressure medications with a small amount of water at least one hour before your test.
- If your test is in the afternoon, take your medications at your usual time in the morning.

### Inhalers:

Use as prescribed, please bring inhalers with you to your appointment.

### Blood thinners:

Stop \_\_\_\_\_: \_\_\_\_\_ days prior to test.

**\_ Stop Fish Oil, Flax Seed Oil, THC Oil and CBD Oil three days prior to test.**

### \_ Oral diabetic medications:

Do not take the morning dose on the day of your test.

**\*\*For low blood sugar - drink regular sugared clear soda (Sprite, 7-UP, etc.)**

### Insulin Instructions:

## YOU MUST HAVE A DRIVER

- ❖ **The time for your test and recovery may vary, we will give you an estimated time that your driver will need to be here.**
- ❖ Please ask your driver to be flexible as to the time to pick you up.
- ❖ If your driver needs to leave, please let us know how we can contact them.
- ❖ Taxis or Rideshares (Uber, Lyft, etc.) are not allowed due to liability considerations.

Bring reading glasses if needed.

Bring photo ID and insurance cards.

**PLEASE NOTE: THERE MAY BE SEPARATE CHARGES FOR YOUR TEST; THE DOCTOR, THE FACILITY, ANESTHESIA AND PATHOLOGY**

Prep sent to: \_\_\_\_\_ Scheduled by: \_\_\_\_\_

**SEE REVERSE SIDE FOR PREP INSTRUCTIONS**

## GOLYTELY PREP INSTRUCTIONS

### BEFORE YOU BEGIN

Purchase the following medications

- Four **bisacodyl 5mg laxative tablets (Dulcolax brand or generic okay)**. No prescription needed.
- Pick up Golytely Bowel Prep medication from your pharmacy. Your Provider has sent your prescription in.

### DAY PRIOR TO TEST \_\_\_\_\_

- NO solid food
- Start strict CLEAR LIQUID DIET, if you are diabetic, monitor your blood sugar. For low blood sugar, drink clear-sugared soda like 7-UP or Sprite.
- Nothing RED, BLUE OR PURPLE
- **Day prior to test take 2 bisacodyl 5mg tablets (Dulcolax brand or generic okay) by mouth at 7 am and 2 additional 5mg tablets by mouth at 7 pm.**

### MIX THE GOLYTELY:

- (Optional) mix 2 packets of the Lemonade flavored Crystal Light powder into the container before adding water, this will help with the taste.
- Add water to the mark at the top of the container.
- May chill for several hours, or leave at room temperature before drinking.

AT \_\_\_\_\_ ON \_\_\_\_\_ Start drinking the first half of Golytely.

- It can be mixed with any of the clear liquids. To prevent nausea, drink 8 oz every 10 minutes until half of the container is gone.
- If you develop cramping, bloating or nausea while drinking the preparation, you should stop drinking for about a half an hour. Then you can resume drinking the solution. The diarrhea will usually continue for several hours after completing the bowel preparation.

### DAY OF TEST:

AT \_\_\_\_\_ ON \_\_\_\_\_ Drink the second half of Golytely same as above.

### CLEAR LIQUID DIET:

- Coffee or tea with any sweetener – no creamer
- Clear fruit juices—apple, white grape or white cranberry
- Gatorade, other clear bottled drinks
- Any clear carbonated soft drinks- 7-UP, sprite, etc.
- Clear broth - Chicken, beef or vegetable
- Jello: orange, lemon, lime, pineapple or peach (nothing added)
- Water

**It is very important to drink as much fluid as possible to prevent dehydration and to help the Laxative work!**

**DO NOT DRINK ANY LIQUIDS AFTER \_\_\_\_\_**

**This includes NO Gum, NO Hard Candy, and NO Chewing Tobacco for 8 Hours Prior to Test.**

**Please call the Endoscopy Dept if you have any concerns about this process at (208) 625-4601.**

**\*\*\*\*\*Cancellations within 3 business days may be subject to a \$75.00 charge\*\*\*\*\***