

## **2 DAY/ GoLytely SPLIT DOSE PREPARATION FOR COLONOSCOPY**

Please read these instructions carefully and call the office if you have any questions.

### **PURCHASE AT THE PHARMACY:**

- 2-Gallons GoLytely Bowel Preparation (prescription)
- Zofran prescription for 6 tablets

### **FIVE DAYS PRIOR TO YOUR PROCEDURE**

All aspirin and anti-inflammatory medications including ibuprofen, Motrin, Aleve, naproxen, Naprosyn, sulindac, piroxicam, Feldene, indomethacin, diclofenac, and Voltaren **are to be continued**. Tylenol (acetaminophen) is also safe to continue.

- If you are taking Coumadin (warfarin), Plavix (clopidogrel), Pradaxa (dabigatran), Xarelto (rivaroxaban) or other blood thinners, please contact our office to determine if and when you need to stop these medications. An office visit is required prior to procedure to discuss these anticoagulants.
- Stop all fiber supplements including Metamucil, Citrucel, Benefiber, FiberChoice and flax seeds. If you are taking these to treat constipation, take 17g of Miralax daily starting five days prior to your procedure in place of the fiber. (This will require you to purchase Miralax in addition to bowel preparation stated above).
- If you are diabetic and use insulin, please contact our office for insulin instructions.
- PLEASE call our office if you have any questions about which medications you should or should not take.
- Avoid nuts and seeds.

### **TWO DAYS PRIOR TO YOUR EXAM:**

- **Take only clear liquids by mouth.** This includes clear juices (apple, grape, strained orange, strained lemonade), tea, coffee (no milk or creamer), soft drinks, sports drinks (Gatorade, Powerade), clear broth or bouillon, Jell-O and Popsicles. **Do Not eat any solid foods.**
- Avoid red drinks, red Jell-O and dairy products.
- Consume large amounts of clear liquids to avoid hunger or dehydration.
- Take 1 tablet of Zofran to help prevent nausea 30 – 45 minutes prior to starting your prep. May repeat x 1 as needed for nausea.
- **At 4:00pm drink one Gallon GoLytely as instructed:** an 8-10 ounce glass of mixture every 10-15 minutes until you have completed the full gallon. This will induce stools.
- **If you feel nauseous at any time while taking your prep try to drink more slowly, using a straw can help. If vomiting occurs, please call one of our numbers below for instructions.**

### **ONE DAY PRIOR TO YOUR EXAM:**

- Continue the clear liquid diet from the day before.
- In the morning mix the GoLytely solution according to the instructions in the kit and refrigerate.
- Take 1 tablet of Zofran to help prevent nausea 30 – 45 minutes prior to starting your prep. May repeat x 1 as needed for nausea.
- **At 4:00pm drink HALF of one-gallon GoLytely as instructed:** 8-10 ounce glass of mixture every 10-15 minutes until you have completed ½ Gallon.

### **THE DAY OF THE PROCEDURE:**

- Take 1 tablet of Zofran to help prevent nausea 30 – 45 minutes prior to starting your prep. May repeat x 1 as needed for nausea.
- **Drink the second half gallon of the preparation starting 6 hours before your exam's scheduled time** (e.g.: if your appointment is at 10 am, you should start at 4 am. If it is at 1 pm you should start at 7 am). You must finish the second half within 2 hours so your stomach is empty for your exam. Other clear liquids in addition to the bowel preparation are encouraged during this time.

- **DO NOT take anything by mouth for 4 hours prior to your procedure except medications** (see below).
- **After completing the bowel preparation, your stools should be watery and clear. Please contact our endoscopy department if your stools are not watery or you are concerned with the results of the preparation.**
- **Meridian Endoscopy Center 208-695-2100 • Boise Endoscopy Center 208-342-7169**
- **After Hours: 208-343-6458**
- Take your usual prescribed medications with small sips of water. If you are on anti-inflammatory medications or blood thinners please see instructions above.
- Please bring a list of your current medications and correct dosage to your appointment.
- **NO DRIVING** – Because of the sedatives that you will be given **you cannot drive for the remainder of the day.** You may use a taxi after the procedure. You must have someone present to drive you home after the procedure or we may cancel your exam.
- You will be sedated for your procedure. Please plan to avoid making important decisions for the remainder of the day after your procedure.
- **We cannot be responsible for your valuables. Please leave them at home.**

You are scheduled with Dr. \_\_\_\_\_

Report at \_\_\_\_\_ on \_\_\_\_\_ to:

\_\_\_\_\_ Boise Endoscopy Center, 425 West Bannock Street, Boise

\_\_\_\_\_ Meridian Endoscopy Center, 2235 East Gala Street, Meridian

\_\_\_\_\_ Canyon County Endoscopy Center, 1206 Garrity Blvd., Nampa

\_\_\_\_\_ St. Luke's Boise Regional Medical Center, 190 E. Bannock Street, Boise  
(Main hospital entrance. Out-patient Registration)

\_\_\_\_\_ St. Luke's Meridian Medical Center, 520 S. Eagle Road, Meridian  
(Eagle Road entrance. Out-patient Registration)

\_\_\_\_\_ St. Luke's Nampa Medical Center, 9850 W. St. Luke's Drive, Nampa  
(Main hospital entrance. Out-patient Registration)

Please check with your insurance company regarding pre-certification. Bring all insurance cards with you.

**\*\*Your procedure time will be approximately 90 minutes from the scheduled check-in time to discharge for procedures in the Meridian, Boise and Canyon County Endoscopy Centers. Please coordinate with your driver to alleviate delays in discharge. Patient stay times for hospital procedures may be longer. \*\***

**For questions, call 208-343-6458 for the Boise office or 208-887-3724 for the Meridian office.**