

**Golytely/Nulytely Split dose
PREPARATION FOR COLONOSCOPY**

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

PURCHASE AT THE PHARMACY:

- 1-Gallon GoLytely Bowel Preparation (prescription)
- 4-tablets Zofran (prescription for nausea)

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, Plavix (clopidogrel), Pradaxa 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 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.
- **3 days prior to your exam, avoid nuts and seeds.**

ONE DAY 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.
- **Avoid** red drinks, red Jell-O and dairy products.
- Consume large amounts of fluids to avoid hunger or dehydration.
- **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 prn.
- **At 4:00 pm begin drinking Golytely as instructed:** an 8-10 ounce glass of mixture every 10-15 minutes until half of solution (64 ounces) is gone. This will induce stools. If you feel nauseated, decrease the rate at which you are drinking.
- You may continue consuming clear liquids before and after the above medications until 4 hours prior to your procedure.

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 prn.
- **Drink the second half (64 ounces) of Golytely starting 6 hours before your exam's scheduled time.** (eg: 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 of starting, so that your stomach is empty for your exam.
- You may continue to drink clear liquids until 4 hours prior to your procedure.
- **DO NOT take anything by mouth for 4 hours prior to your procedure except medications** (see below).
- 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 (Unless scheduled at St. Luke’s). 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 [Opening Spring 2022]

_____ St. Luke’s Boise Regional Medical Center, 190 E. Bannock Street, Boise

_____ 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 and Boise 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.