

Golytely Instructions

GENERAL INFORMATION

- Discontinue Iron containing medications 2 DAYS before procedure.
- **IMPORTANT INFORMATION ABOUT BLOOD THINNERS:** If you are on any of the following drugs you must have permission to stop the drug from the physician who prescribed the drugs. If you have not been given permission to stop the drug, contact our office immediately at 205.271.8000.
 - Coumadin (Warfarin/Jantoven)- 5 days prior
 - Aggrenox (Aspirin-Dipyridamole) 5-7 days prior
 - Brilanta (Ticagrelor)- 5 days prior
 - Xarelto (Rivaroxaban)- 24 hours prior
 - Lovenox (Enoxaparin)-24 hours prior
 - Bevyxxa (Betrixaban)-48 hours prior
 - Ticlid (Ticlopidine)-7 days prior
 - Plavix (Clopidogrel)- 7 days prior
 - Effient (Prasugrel)- 7 days prior
 - Pradaxa (Dabigatran)- 24 hours prior
 - Eliquis (Apixaban)-48 hours prior
 - Pletal (Cilostazol)- 48 hours prior
 - Savaysa (Edoxaban)-48 hours prior
 - Zontivity (Vorapaxar)-5-7 days prior
- **Do not** stop aspirin. **Do not** stop non-steroidal anti-inflammatories such as Aleve, Motrin, Mobic, Celebrex, Advil, etc.
- Notify the office if you are being treated with insulin or oral agents for diabetes mellitus. Any other medicines should be taken the morning of the procedure with a small sip of water.
- Tylenol (and other brands of Acetaminophen) is safe to consume before the procedure.
- Notify the office if you have a defibrillator.
- You cannot drive, use a taxi, or a bus after the procedure. You must be accompanied by and driven by a responsible adult. **Your driver must remain at the facility during your procedure.** You should not plan to work on the day of the procedure.
- Please remove all metal including all pierced jewelry, any rings, or necklaces.
- **Do not chew gum or have any mints after midnight.**

CLEAR LIQUID DIET (Day Before)

- **Does Not** include: milk or milk products, solid foods, creamed soups or crackers
- **DOES** include: beef or chicken broth or bouillon (fat-free), coffee or tea (no cream), Popsicles (no red, orange, or purple), carbonated drinks (Coke, Sprite, etc.), fruit drinks (no pulp, no red, orange, or purple), jello, Gatorade (no red, orange, or purple)
- **NPO (Nothing by mouth after midnight) including chewing gum and mints. (except for prep)**

MEDICATION ON DAY OF PROCEDURE: Take AM medications with sufficient liquid. Postpone insulin injections until after the procedure

Purchase at Pharmacy:

- Golytely Container (prescription) – 4 liter
- 4 Dulcolax Tablets (over the counter)

Please follow these directions and not the directions on the Golytely box.

One (1) Day Before Procedure:

1. Clear liquid diet only (as soon as you wake up)
2. 4:00 pm- Take 2 (two) Dulcolax tablets
3. 6:00 pm- Reconstitute 4 liters of Golytely per mixing instructions. Drink ½ of the laxative- 8 oz of laxative every 10-15 minutes.

(HINT: you are welcome to mix laxative in the morning and put in refrigerator if you prefer to drink it cold. Do not mix it earlier than your prep day-**DO NOT ADD ICE TO LIQUID**)

Day of Procedure:**NO GUM, MINTS, OR TOBACCO AFTER MIDNIGHT.**

1. Start the last ½ of your laxative 5 hours prior to your scheduled procedure time. Drink 8 oz every 15 minutes until gone. Finish 4 hours prior to procedure time.
2. NPO- nothing to eat or drink after second half of prep is complete.
3. Take AM medications with sufficient liquid (1 oz). Postpone insulin injections until after the procedure.