

Golytely Instructions for your Colonoscopy

Date of Procedure: _____

Arrival Time: _____

- ☐ Citrus Endoscopy Center: 6412 W. Gulf to Lake Hwy, Crystal River (352) 563-0223
- ☐ Suncoast Endoscopy Center: 3621 E. Forest Drive, Inverness (352) 637-2787

Items For Bowel Prep:

- 1) GOLYTELY- TWO WEEKS PRIOR to procedure, please call SUSIE 352-364-9060 if you have not heard from your pharmacy regarding your prep
- 2) TWO (2) DULCOLAX (*Available over-the-counter*)
- 3) TWO (2) Extra Strength Gas-X tablets (*Available over-the-counter*)

Hold the following medication(s): _____ starting _____

Hold GLP-1 Agonists: Semaglutide (Ozempic/Wegovy/Rybelsus), Dulaglutide (Trulicity), Liraglutide (Victoza/Saxenda), Tirzepatide (Mounjaro/Zepbound)

- If oral **daily**: Hold medication for **2 days prior** to the procedure date.
- If injectable **weekly**: Hold medication for **1 week prior** to the procedure date.

TWO NIGHTS BEFORE PROCEDURE:

- **At 8:00pm (or after dinner)** take TWO (2) Dulcolax tablets
- **At 9:00 pm** drink TWO glasses of water

ONE DAY PRIOR TO YOUR PROCEDURE:

- Take half (½) dose of your usual insulin
- DO NOT EAT SOLID FOOD; **Clear liquid diet ONLY ALL DAY**
- HYDRATION IS PART OF YOUR PREP! DRINK LOTS OF FLUIDS.
- It's OK to have juice, broth, tea, coffee, Jello, Gatorade/Powerade, and popsicles.
 - NOTHING RED OR PURPLE, NO DAIRY PRODUCTS and NO ALCOHOL.
- When you wake up, drink 8oz of any clear liquids every 90 minutes.
- **AT 3:00pm** begin drinking 8oz of the Golytely (1 glass) every 30 minutes until you complete it.
- **AT 8:00pm**, take TWO (2) Gas-X tablets
- **AT 9:00pm**, drink two glasses of gatorade or 2 glasses of water/juice, etc.
- **Do not eat/drink anything after MIDNIGHT!**

DAY OF YOUR PROCEDURE:

- Do NOT eat/drink or smoke cigarettes/marijuana until after your procedure.
- Take your heart, blood pressure, and seizure medication ONLY with a small sip of water.
- Take half (½) dose of your usual insulin. Hold all other medications.
- Bring your I.D. and method of payment.
- Leave all personal items at home. Wear warm socks. We are NOT responsible for lost items.
- Arrange for a driver to take you home!

*Anesthesia is billed separately (billed through your insurance first)

*Pathology charges are generated after procedure (billed through your insurance first)

IF YOU HAVE QUESTIONS or need to CANCEL/RESCHEDULE (must be >72 hrs prior to procedure), PLEASE CALL ME- Tanya: 352-563-2450 EXT: 104