Colonoscopy & EGD with Golytely

Save Page as PDF

GOLYTELY PREP (generic- Gavilyte G)

READ ALL INSTRUCTIONS A WEEK BEFORE YOUR PROCEDURE
If you start blood thinner or weight loss medications after scheduling your procedure or have questions,
please call our office at 303-788-8888
or visit www.southdenvergi.com.

ARRANGEMENTS

- **GETTING HOME:** you will not be able to drive, work, make any personal or business decisions, or operate any heavy machinery for 24 hours after your procedure. The medicines you were given can change the way you think and make it harder to remember for the rest of the day. As a result, you will not be allowed to leave alone and will need an adult friend or family member to take you home. **Failure to arrange a driver will result in cancellation of your procedure.**
- **TRANSPORTATION SERVICES:** If you do not have a responsible adult to accompany you home, there are transportation services you may use who have drivers that are trained in CPR and first aid. They are also permitted to sign your discharge papers after your procedure to make sure you make it home safely. **You will need to set up your reservation with them prior to your procedure: Andy's House Services (Preferred): 720-420-9095, Mobility Transportation: 303-295-3900, or Midtown Express: 303-282-8085.**
- **AVOID:** seeds and nuts for 1 week prior to your

colonoscopy.

SUPPLIES

- Pick up your supplies for your colonoscopy 1 week prior of your appointment:
  - Pharmacy: 1 Golytely bowel prep kit
  - Grocery Store: 4 chewable tabs of Simethicone or Gas-X tablets (any flavor, brand or color) & Clear Liquids (see list below).

- **Clear Liquid Diet:**
  Clear Broth
  Clear Juice (apple, lemonade)
  Sport drinks (Gatorade, Powerade)
  Flavored Drinks (Kool-Aid, MiO)
  Hot Drinks (Tea, Coffee)
  Jello
  Hard Candy
- **Things to AVOID**
  NO **Red** and **Purple** liquids
  NO Solid Foods
  NO Alcohol
  NO Pulp in Juice
  NO Nectar Drinks
  NO Dairy and Nondairy Creamer

MEDICATIONS AND DEVICES

- **Diabetes medications:** We ask that GLP-1 medications be held for ONE dose. Please contact your prescribing provider's office for specific instructions.
- **Blood thinning medications:** (Eliquis, Coumadin, Xarelto, Pradaxa, etc.) ensure you have gotten pre-procedure instructions 1 week before your procedure. **If not,**

please call the RN line: 303-761-8336.

- Weight loss medications: GLP-1's: hold for ONE dose. Phentermine: STOP at least 7 days before your procedure.
- **DO NOT STOP** regular medications; unless told to do so.
- Take your heart and blood pressure medications as close to your regular schedule as possible. If you are scheduled to take them within the 2 hours prior to the scheduled procedure time, please take them earlier than the 2 hours and with only a small amount of water.
- **DO NOT STOP** taking Naltrexone or Contrave if scheduled with Propofol. Hold Naltrexone for at least 72 hours with conscious sedation.
- **INHALERS:** please use your inhaler before coming in for your procedure and bring it with you.
- **CPAP:** FOR HOSPITAL PROCEDURES ONLY, please bring this with you.

PROCEDURE PREP INSTRUCTIONS

****PLEASE DISCARD INSTRUCTIONS INSIDE SUPREP BOX & FOLLOW THE INSTRUCTIONS BELOW****

1 DAY BEFORE THE COLONOSCOPY

- Start a CLEAR LIQUID DIET in the morning
  - ***If your procedure is **after 12:00PM tomorrow** you may have a light breakfast (eggs, white toast) **before 9:00AM today** and then start a clear liquid diet. ***

DOSE 1: Start at 6:00 PM the Day Prior to Colonoscopy

- **At 6:00PM** prepare your prep by vigorously shaking the bottle to mix. Pour and Drink one 8 oz glass of golytely prep every 15-30 minutes until **HALF** of the prep

bottle is finished.
- Chew 2 Simethicone/Gas-X tablets.
- You may continue to drink any of the other **clear liquids** you have chosen throughout the evening.

DOSE 2: Day of Procedure – 6 Hours Prior to Colonoscopy

- **NO SOLID FOODS TODAY**
- Shake the remaining prep vigorously to mix. Pour and Drink one 8 oz glass of golytely prep every 15-30 minutes until **the remaining prep** is finished.
- Chew 2 Simethicone/Gas-X tablets.
- You may continue to drink any of the **clear liquids** until 4 hours before your procedure

THE DAY OF THE COLONOSCOPY

- **No gum, hard candy, chewing tobacco, cigarettes, marijuana, cigars, pipes, e-cigarettes, or illicit drugs.**
- **4 hours prior to your appointment YOU MAY NOT DRINK ANY MORE LIQUIDS, INCLUDING WATER**. This is for your safety. Anything after 4 hours can delay or cancel your procedure.
- **ONLY EXCEPTION**: Take Heart, Blood Pressure, Anti-seizure medications with small sips of water at the time you normally would.
- **IMPORTANT:** Following the second dose, your **bowel movements should be clear, yellow, or tea colored**. If bowel movements aren't clear, yellow, or tea-colored, or contain any solids**, please call the on-call physician: 303-788-8888** to be given further instructions or to discuss if you will need to be rescheduled.