

STILLWATER MEDICAL CENTER
GoLYTELY Prep Telephone Instructions—TASwafford

From Pharmacy:

- **GoLYTELY** prescription (Follow directions on container to mix and then refrigerate)
- **Bisacodyl tablets**
- 60ml of **Milk of Magnesia**

MEDICATIONS

- STOP all diet pills **7 DAYS** before your procedure
- STOP taking **ASPIRIN** and arthritis medicines (Motrin, ibuprofen, Advil, naprosyn, Aleve, naproxen, Voltaren, Arthrotec, & Vitamin E) **3 Days** prior to procedure. It is okay to take **Tylenol**.
- STOP taking Iron, Vitamin's containing iron, and bulk (fiber) laxatives (Metamucil, Citrucel, Effersyllium, etc.) **3 DAYS** prior to your procedure.
- If you are taking prescribed blood thinners (**Plavix, Coumadin**, etc.) **YOU MUST CALL** your medical doctor to see if you can temporarily STOP TAKING THEM. You must also notify the doctor performing the procedure if you CANNOT STOP these medications before your procedure.
- Please notify the nurse and doctor if you have a history of prosthetic heart valve, endocarditis, or synthetic vascular graft (grafts less than 1 year old).

PREP INSTRUCTIONS

Follow these instructions for colonoscopy preparation (failure to take the prep as directed may result in a poorly cleansed colon and possible cancellation of your procedure).

- **Two nights before** your exam take 60ml Milk of Magnesia by mouth.
- **The day before** your procedure, you may have only clear liquids **NO SOLID FOOD**. Do not drink anything containing red, green or blue dyes. Clear liquids include: apple juice, white grape juice, white cranberry juice, broth, bouillon, yellow popsicles, yellow Crystal Light, clear or yellow Gatorade, tea, water, hard candy, gum or carbonated beverages (Sprite, 7-up, Mountain Dew, ginger ale). **Drink one (1) 8-ounce glass of clear liquid every hour.**
- If you are a **DIABETIC** you may eat a regular breakfast by 10am **the day before** the procedure. **After 10am**, you may only have a clear liquid diet as instructed above.
- Start drinking **GoLYTELY at 6:00pm**. Drink one (1) 8-ounce glass every 15 minutes until the **entire** contents of the bottle are gone
- After GoLYTELY has been completed take **3 Bisacodyl tablets**.

DAY OF PROCEDURE

- DO NOT take insulin or diabetic medications the morning of the exam.
- DO NOT eat or drink anything after midnight unless instructed to take certain medications. Take them with a small sip of water at least 2 hours before the exam.
- Report to the hospital Main Registration desk in the main lobby at _____(time), on _____(day), _____(day).
- If you receive sedation, you **MUST** have someone drive you home as you will not be permitted to drive. We are not permitted to discharge patients to taxicabs or buses. Please make arrangements with family or close friend.

PROBLEMS OR QUESTIONS

- If you become nauseated or vomit and cannot tolerate the prep, **STOP** drinking for ONE HOUR, then resume your clear liquids slowly. If vomiting DOES NOT STOP and you are unable to complete the prep,
- CALL: **405-372-1480** and ask for the On-Call ENDOSCOPY NURSE to be paged.