

COLONOSCOPY PREP INSTRUCTIONS – GOLYTELY 4-LITER SPLIT DOSE

To schedule your colonoscopy or if you have any questions about your procedure, call Dr. Bozdech's office at (217) 222-6550, option #1, extension 3636.

Your appointment for your colonoscopy is _____ at the Surgery Center of Quincy, 1118 Hampshire Street, 3rd floor.

TIME: Blessing Hospital Prep Clinic staff will call you with the tentative time of arrival approximately 3-5 days prior to your procedure. Blessing Hospital Prep Clinic is open 8 a.m. to 4:30 p.m. If you need to cancel the day of the procedure, call the GI Center at (217) 222-6550, option #1, extension 6120. **DO NOT CALL THIS NUMBER TO SCHEDULE THE APPOINTMENT.**

1. Be on a clear-liquid diet all day _____. Clear liquids are anything you can pour into a glass and see through. Liquids allowed are: coffee (black), tea, water, clear fruit juices (grape, apple, cranberry), bouillon, jello, soda, popsicles and Gatorade. **(NO RED COLORING)**. No solid food, milk or milk products including non-dairy creamers.
2. You will need to pick up your GoLYTELY Prep solution at a pharmacy. Prescription has been sent to your pharmacy.
3. On _____, start drinking the GoLyteLy at 6 p.m. Drink one 8-ounce glass every 10 minutes for a total of 2 liters (or ½ container).

Four hours prior to your procedure arrival time on _____, drink one 8-ounce glass every 10 minutes for a total of 2 liters until completely gone. If your procedure is scheduled in the early morning, you will need to get up in the night to take this dose of preparation. The correct timing of this dose is essential to an effective preparation.

EXPECTATIONS AFTER 2ND DOSE:

After 2 hours of drinking the 2nd dose of prep, stools should be clear and you should be able to see through toilet water. If not, call Physician Exchange at (217) 222-2088.

4. You may continue with clear liquids until 2 hours prior to the procedure.
5. Since you will have a mild sedative after you arrive at the GI Center, you must be accompanied by someone who can drive you home after your procedure.
6. You must *DISCONTINUE* the following medications 5 days prior to your procedure: aspirin, Motrin, ibuprofen, Nuprin, Advil, Aleve, any type of arthritis medication, nonsteroidal anti-inflammatory drugs (NSAIDS), iron supplements, vitamins that contain iron, Aggrenox, any blood-thinning medications such as Coumadin, Plavix or Ticlid, and all herbal supplements.

You may take your other medications as prescribed.

You may take Tylenol products or Celebrex.

IF YOU ARE DIABETIC: The day prior to the procedure you may take your oral medication. If on insulin, take only ½ dose of insulin. Do not take oral diabetic medications on the day of the procedure. Only take ½ dose of insulin the morning of the procedure. If taking Byetta, Ozempic, Trulicity, Januvia or Victoza, hold day before procedure and morning of procedure.