

## GOLYTELY INSTRUCTIONS

Your Colonoscopy has been scheduled with Dr. \_\_\_\_\_

On \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_ at \_\_\_\_\_ am/pm  
Day Month Date Arrival Time

At:

- |  |  |
|--|--|
| <input type="checkbox"/> Washington Hospital<br>Admitting Department<br>2000 Mowry Avenue<br>Fremont, CA<br>510-797-1111 | <input type="checkbox"/> Washington Outpatient Surgery Center<br>First Floor<br>2299 Mowry Avenue<br>Fremont, CA<br>510-791-5374 |
|--|--|

If you need to cancel or reschedule your procedure please call our office 3 days prior to the procedure at 510-248-1843.

### Recommended List for Prep:

- 1—Gallon of GOLYTELY (*Prescription has been sent to your pharmacy*)

### Recommended List for Clear Liquid Diet:

- |  |                        |                              |
|--|------------------------|------------------------------|
| • Water  | Bouillon (clear broth) | Jell-O gelatin (not pudding) |
| • Popsicles  | Carbonated Soda        | Ginger Ale                   |
| • Black Tea  | Black Coffee           | Gatorade                     |
| • Crystal Light  | Coconut Juice          | Sugar and Sugar Substitutes  |
| • Honey  | Syrup                  | Clear Hard Candy             |
| • Clear Fruit Juices ( <i>white grape, apple, lemonade</i> ) |                        |                              |

Avoid solid foods, dairy products, fruit juices with pulp, and all red, orange, purple, and blue colored liquids.

### Recommended List for Comfort:

- Desitin, A&D Ointment, Vaseline (*apply to anal area to relieve discomfort*)
- Baby Wipes (*use instead of toilet paper to reduce irritation*)

**IMPORTANT: There are Medications which MUST be Stopped Prior to your Colonoscopy.**

- Refer to the “Medication Instructions” on the last two pages.
- Always discuss medication concerns with your doctor.

**THREE DAYS PRIOR TO THE COLONOSCOPY:  
DO NOT EAT:**

- |           |          |            |
|-----------|----------|------------|
| • Legumes | Peas     | Carrots    |
| • Corn    | Tomatoes | Watermelon |
| • Nuts    |          |            |

**IF YOU NEED TO CANCEL OR RESCHEDULE YOUR PROCEDURE PLEASE CALL OUR OFFICE TODAY AT 510-248-1843.**

**DAY BEFORE THE COLONOSCOPY:**

- **DIET:**
  - **ALL DAY - Clear Liquids Only** (*as described on the first page of these instructions*)
  - Any combination of liquids is allowed
  - Be creative for “meals”  
**Stay hydrated! YOU NEED TO DRINK AT LEAST 3 LITERS OF FLUIDS!**  
**Drink enough fluids to avoid dehydration while undergoing the colonoscopy prep**
- **COLONOSCOPY PREP:**
  - At 5:00pm:
    - Drink one half of the **GOLYTELY** (*one half gallon*)
      - Pour into a cup and drink every 15 minutes, repeat until half gallon is gone
      - You can chill GOLYTELY or pour it over ice and drink with a straw
        - This can minimize the taste
  - Within a few hours you can expect frequent bowel movements and diarrhea
  - Until Bed Time: **IMPORTANT: Continue your Clear Liquid diet to prevent dehydration and ensure good urine output by drinking 2 to 3 liters of clear liquid.**

**DAY OF THE COLONOSCOPY:**

- **WAKE UP:** 4-5 hours before the scheduled time of your colonoscopy
  - If your colonoscopy is scheduled early in the morning you will need to get up in the early morning hours
- **IMMEDIATELY:**

- Drink second half of the GOLYTELY (*one half gallon*)
  - Pour into a cup and drink every 15 minutes, repeat until half gallon is gone
- The timing of this second dose is important
- Do not skip these steps
- 3 HOURS PRIOR TO COLONOSCOPY SCHEDULED TIME
  - You should have completed drinking the second half of the GOLYTELY
- This completes your bowel prep
- Take any oral medications approved by your physician
  - Take with the smallest amount of water possible

**3 HOURS PRIOR TO YOUR COLONOSCOPY  
DO NOT EAT OR TO DRINK UNTIL YOUR COLONOSCOPY IS COMPLETED**

**This Completes Your Bowel Prep**

**WHAT TO EXPECT AFTER THE BOWEL PREP IS COMPLETE:**

- More diarrhea
- Passing of clear, colored liquid
- IF your stool is brown and murky, please inform the nurse upon admission
  - Poor bowel preparation may result in having to reschedule your procedure and a more extensive prep



Dark and murky <b>NOT OK</b>	Brown and murky <b>NOT OK</b>	Dark Orange and semi-clear <b>NOT OK</b>	Light orange and clear <b>ALMOST THERE</b>	Yellow and clear, like urine <b>YOU'RE READY!</b>
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**AFTER THE COLONOSCOPY:**

- You may resume your normal diet
- Continue drinking enough liquids until bedtime to prevent dehydration and ensure good urine output
- You **MUST** have a responsible driver pick you up and a responsible caregiver at home with you for 4 hours after discharge.

**PLEASE CALL THE OFFICE IF YOU HAVE ANY QUESTIONS AT (510) 248-1843**

# MEDICATION INSTRUCTIONS

Please discuss with your health care provider or cardiologist specific instructions prior to discontinuing any medications.

**ANTI-PLATELET – Discontinue 5 Days Prior to Colonoscopy, unless otherwise specified by your physician**

- ☐ Clopidogrel (Plavix)
- ☐ Prasugrel (Effient)
- ☐ Ticagrelor (Brilinta)
- ☐ Eptifibatide (Integrilin)
- ☐ Ticlodipine (Ticlid)

**ANTI-COAGULANT – Discontinue 4 Days Prior to Colonoscopy**

- ☐ Warfarin (Coumadin)

**ANTI-COAGULANT – Discontinue 2 Days Prior to Colonoscopy**

- ☐ Rivaroxaban (Xarelto)
- ☐ Dabigatran (Pradaxa)
- ☐ Apixaban (Eliquis)

**ANTI-COAGULANT – Discontinue 1 Day Prior to Colonoscopy**

- ☐ Heparin
- ☐ Enoxaparin (Lovenox)

**ANTI-COAGULANT – Ask the Prescribing Doctor When to Discontinue**

- ☐ Edoxaban (Savaysa)
- ☐ Fondaparinux (Arixtra)

**OTHER MEDICATIONS – Discontinue 5 Days Prior to Colonoscopy**

- ☐ Fish Oil
- ☐ Iron Supplements
- ☐ Vitamin E
- ☐ Hydrocil
- ☐ Metamucil
- ☐ Gingko
- ☐ Other Bulk Preparations
- ☐ Turmeric (Curcumin)

**FOR 5 DAYS PRIOR TO COLONOSCOPY – You may take TYLENOL if needed.**

**ROUTINE PRESCRIBED MEDICATIONS – Continue taking as prescribed.**

**FOR 3 DAYS PRIOR TO COLONOSCOPY– Stop JARDIANCE**

**DIABETES MEDICATIONS – Discuss with your Endocrinologist, however normally:**

- The plan would be:
  - Day Before Colonoscopy: take half the normal dose of Diabetes Medication and/or Insulin
  - Day of the Colonoscopy: DO NOT take your diabetes medication

Please review the guidelines from American Society of Anesthesiologists regarding preoperative holding of glucagon-like peptide receptor agonists:

**Dulaglutide (Trulicity)**  
**Exenatide (Byetta)**  
**Exenatide extended-release (Bydureon)**  
**Liraglutide (Victoza)**  
**Lixisenatide (Adlyxin)**  
**Semaglutide injection (Ozempic)**  
**Semaglutide tablets (Rybelsus)**  
**Tirzepatide (Mounjaro)**  
**Wegovy (Semaglutide)**  
**Zepbound**

**If they are given by WEEKLY INJECTION, these medications SHOULD BE HELD 1 WEEK BEFORE procedure.**

**If they are given ORALLY on a DAILY basis, they SHOULD BE HELD on the DAY BEFORE procedure.**