

# GoLyteLy Two-Day Colonoscopy Prep Instructions

## What you need:

1. Two GoLyteLy Prep Kits. Prescription.
2. Four Dulcolax tablets. Purchase over the counter.
3. Two Simethicone anti-gas tablets (Gas X or Phazyme). Purchase over the counter.

**You must stop drinking all liquids at least 2 hours before your procedure.**

## Two (2) Days Before Your Procedure:

**Step 1.** Start a clear liquid diet beginning two days prior to your scheduled procedure. Examples include: water, flavored water, sports drinks, sodas, fruit juices without pulp, Popsicles, Jell-O, clear broth, tea without cream or milk, and coffee without cream or milk.

*\*Avoid liquids that are red, orange or purple in color.*

*\*Remember to avoid solid food and non-clear liquids including Boost and similar protein drinks.*

*\*Pre-mixing and chilling your prep in the refrigerator earlier in the day is permitted.*

*\*Please continue to drink the entire prep even if your stool looks clear or you feel cleaned out.*

**Step 2.** At 3:00pm, take two Dulcolax tablets with 8 ounces of clear liquid.

**Step 3.** At 5:00pm, prepare the first dose of the prep by adding lukewarm water to the top line of the four-liter container. Mix to dissolve. Then drink four liters of GoLyteLy by drinking 8 ounces every 15 minutes over four hours.

***Helpful hints:** Chilling the prep and drinking it with a straw may improve tolerability. If you develop nausea or vomiting, pause for 30 minutes before slowly resuming the remainder of the prep.*

**Step 4.** Continue to hydrate with clear liquids before bedtime.

## One (1) Day Before Your Procedure:

**Step 1.** Continue with clear liquids throughout the day.

**Step 2.** At 3:00pm, take two Dulcolax tablets with 8 ounces of water.

**Step 3.** At 5:00pm, prepare the second dose of the prep by adding lukewarm water to the top of the four-liter container. Mix to dissolve. Take one simethicone gas tablet and then drink two liters of GoLyteLy by drinking 8 ounces every 15 minutes over two hours. Refrigerate the remaining two liters.

***Helpful hints:** Chilling the prep and drinking it with a straw may improve tolerability. If you develop nausea or vomiting, pause for 30 minutes before slowly resuming the remainder of the prep.*

**Step 4.** Continue to hydrate with clear liquids before bedtime.

## The Day of Your Procedure:

**Step 1.** At (5 hours before the arrival time), take one Simethicone gas tablet. Then drink two liters of GoLyteLy by drinking 8 ounces every 15 minutes over 2 hours.

**Step 2.** Drink an additional 16 ounces of clear liquids up until (3 hours before the arrival time). *This is a good time to take your usual morning home meds. Delay taking insulin and oral diabetes meds until after your procedure.*

***\*Your bowel prep is now complete! Do not take anything else by mouth until after your procedure.***

Please call BGA at 205-271-8000 between 8:30am and 5:00 pm **at least 48 hours before your procedure** if you have any questions or need to reschedule.

## Colonoscopy Instruction Sheet

**Purpose:** This is an endoscopic evaluation of your large intestine (colon) and rectum to screen or recheck for polyps and colon cancer and/or investigate abnormal gastrointestinal symptoms.

**Planning:** Make sure you have your colonoscopy bowel preparation **at least 48 hours before your procedure**. If you do not, call BGA at 205-271-8000 during regular business hours.

- Plan to be off work for the day of your procedure.
- Arrange for your driver to take you to your procedure, wait for you while you are there and then drive you home after the procedure. You should not drive on the day of your procedure.
- Do not take your diabetes medications on the morning of your procedure.
- It is OK to continue taking aspirin, Tylenol, and anti-inflammatories.
- Stop taking iron supplements 3 days before your procedure.
- Start a low-residue diet beginning 3 days before your procedure. Avoid tough meats, whole grains, seeds, nuts, popcorn, raw vegetables, vegetable skins, fruit with seeds or skins, broccoli, cabbage, lettuce, corn, beans, and peas.
- Plan to abstain from chewing gum, mints, or tobacco products of any kind after midnight before your procedure.
- For your safety, please remove all metal including piercings and jewelry prior to your arrival.
- If you take a blood thinner for any reason and were not instructed to hold it in advance of your colonoscopy, please notify our office.

**Blood Thinners:**

-Coumadin (Warfarin/Jantoven)- 5 days prior  
-Aggrenox (Aspirin-Dipyridamole) 5-7 days prior  
- Brilinta (Ticagrelor)- 5 days prior  
-Xarelto (Rivaroxaban)- 24 hours prior  
-Lovenox (Enoxaparin)-24 hours prior  
-Bevyxxa (Betrixaban)-48 hours prior  
-Ticlid (Ticlopidine)-7 days prior

-Plavix (Clopidogrel)- 7 days prior  
-Effient (Prasugrel)- 7 days prior  
-Pradaxa (Dabigatran)- 24 hours prior  
-Eliquis (Apixaban)-48 hours prior  
-Pletal (Cilostazol)- 48 hours prior  
-Savaysa (Edoxaban)-48 hours prior  
-Zontivity (Vorapaxar)-5-7 days prior

**Diabetes and Weight Management Medications:**

Victoza (Liraglutide)- 24 hours prior  
Saxenda (Liraglutide)- 24 hours prior  
Xultophy (Liraglutide with Insulin)-24 hours prior  
Gattex (Teduglutide)- 24 hours prior  
Rybelsus (Semaglutide)- 24 hours prior  
Byetta (Exenatide)- 24 hours prior

Bydureon BCise (Exenatide)- 7 days prior  
Ozempic (Semaglutide)- 7 days prior  
Wegovy (Semaglutide)-7 days prior  
Trulicity (Dulaglutide)-7 days prior  
Mounjaro (Tirzepatide)- 7 days prior

**Prep:** This is the process of ingesting clear liquids along with a strong laxative bowel-cleansing solution leading up to your colonoscopy. The laxative bowel prep is taken as a “split-dose.” This means that you take the first dose the night before your procedure and the second dose on the day of your procedure. This is very important to clear the colon of all waste material so that its surfaces can be carefully inspected. By the conclusion of your prep, your bowel movements will resemble clear to yellow water. **This step is extremely important! A suboptimal prep may result in your procedure being rescheduled, more frequent procedures or even missed lesions!**

Please call BGA at 205-271-8000 between 8:30am and 5:00pm **at least 48 hours before your procedure** if you have any questions or need to reschedule.