



2 day GOLYTELY/COLYTELY prep

Read at least 10 days prior to test

Please report to the registration desk inside the front of Northeastern Health System of Tahlequah for your colonoscopy by **Dr. William Simpson** at **(arrival time given)** on **(date of procedure)**

**** Please take blood pressure, heart and seizure medications the morning of your test ****

See Do and Don't sheet for instructions on diabetic Meds

1. **CLEAR LIQUIDS** starting on **(2 days before procedure)** AND CONTINUE CLEAR LIQUIDS UNTIL YOU ARE INSTRUCTED TO HAVE NOTHING BY MOUTH THE DAY OF YOUR PROCEDURE. **Clear liquids include all of the following: water, tea, clear soft drinks, coffee, Gatorade, clear juices, Jell-O, bouillon, broth, and popsicles. No milk, cream, fruit, solids or pulp. NOTHING red or dark purple in color.**
2. DRINK A BOTTLE OF MAGNESIUM CITRATE IN THE **PM ON (2 days before procedure)** (purchased OTC)
3. DRINK A BOTTLE OF MAGNESIUM CITRATE IN THE **AM ON (day before procedure)** (purchased OTC)
4. On the morning of **(day before procedure)** mix the colyte/golytely prep and place in the refrigerator. **(This must be used within 24 hours).** **(this prep will be called into your pharmacy)**
5. On **(day before procedure)** at **3pm**, you will begin your prep as follows:
 - 3pm:** Drink a 32 ounce bottle of sports drink **(if dialysis patient drink water instead of sports drink)**
 - 4:30pm:*** Take Reglan 10 mg by mouth***.** **(reglan will be called into pharmacy also)**
 - 5pm:** Drink 1 glass of the prep every 10 minutes **until 2/3 of the jug is gone. Must be done over 3 hours.** Place the remaining 1/3 in the refrigerator for tomorrow.
 - 9pm:** Take 4 Dulcolax tablets (purchased OTC) by mouth with a 32 ounce sports drink. **(if dialysis patient drink water instead of sports)**
6. Feeling bloating, chills and/or nausea are common after beginning the prep due to the large volume of fluid ingested. This is temporary and will improve. Most people will have a bowel movement within 30 minutes to 2 hours of starting the laxative prep.
7. On the morning of **(day of procedure)** **(the morning of your procedure)**, **finish your prep as follows:**
 - At **(4 hours before arrival time)** drink the remaining **1/3** of the prep over a **2** hour period.
 - At **(3 hours before arrival time)**: Take 4 Dulcolax tablets by mouth.
8. **You may have clear liquids until (2 hours before arrival time) then nothing by mouth until after the exam. You may take your medications as directed.**

You must bring a driver and do not plan to work after your procedure. You may brush your teeth the morning of the test, just don't swallow the toothpaste. Please remove or bring solution to remove contact lenses prior to your procedure.

Please call the office at 918-207-0025 if: you take or believe you may be taking a blood thinner, if you have questions concerning your procedure ask for Tracy, RN or Sheri, LPN, or if you need to reschedule ask for Kristal