

## **GOLYTELY PREP TWO DAY PREP INSTRUCTIONS**

**TIME:** You will receive a call from the Surgery Center a day or two prior to your appointment with your arrival time.

You are scheduled for the day listed above, so please be sure to follow your preparation and all of the instructions detailed below. If you have access to your patient portal, the time you see listed on the schedule is NOT your scheduled time.

**ARRANGE FOR A DRIVER:** YOU WILL NEED A RESPONSIBLE ADULT TO DRIVE YOU HOME AFTER YOUR PROCEDURE. You will not be allowed to drive yourself home due to the sedation that you will be given. Small children are not allowed in the surgery center waiting room and drivers will be asked to wait in their car.

If you find it necessary to change or cancel your appointment, you must do this at least 7 working days prior to your appointment or you will be charged a **\$200** cancellation fee. Please call our office Monday – Friday, 8AM to 5PM at 951-501-4200 if you need to change or cancel your appointment. Follow the prompts for First Surgery Center scheduling.

### **IF YOU TAKE BLOOD THINNERS, STOP 3-7 DAYS BEFORE YOUR APPOINTMENT, FOLLOWING THE DIRECTIONS BELOW:**

- Coumadin, Lovenox, Plavix, Effient, Brillinta, Ticlid, Persatine or any medication that thins your blood please follow up with us as you may need to stop these medications 3-7 days before your procedure.
- Lovenox (Enoxaparin) - Hold PM dose the day BEFORE the procedure/ hold AM dose the Day of procedure
- Aggrenox (Aspirin-Dipyridamole)- 48 hours prior to procedure
- Eliquis (Apaxiban)- 48 hours prior to procedure
- Pradaxa ( Dabigatran Etexilate) - 48 hours prior to procedure
- Xarelto (Rivaroxaban) - 48 Hours prior to procedure
- Warfarin (Coumadin)- 3 days prior to procedure
- Brillianta (Ticagrelor) - 5 days prior to procedure
- Effient (Prasugrel) – 5-7 days prior to procedure
- Plavix (Clopidogrel)- 5-7 Days prior to procedure
- Aspirin- you do not need to stop.

### **IF YOU TAKE GLP-1 AGONIST MEDICATIONS FOR TYPE 2 DIABETES OR WEIGHT LOSS, HOLD FOR ONE WEEK PRIOR TO YOUR PROCEDURE. SEE BELOW LIST OF GLP-1 AGONIST MEDICATIONS:**

- Ozempic
- Wegovy
- Mounjaro
- Trulicity
- Rybelsus
- Victoza
- Byetta
- Saxenda

### **THE ITEMS THAT YOU NEED TO PURCHASE AT LEAST 48 HOURS PRIOR TO YOUR PROCEDURE:**

- Two bottles of the Golytely prep solution (Prescription required)
- Dulcolax tablets x8
- 2 Fleet Enemas (Over the Counter) ( you will bring these with you to your appointment)
- Clear liquids for your clear liquid diet:
- 1 bottle of Simethicone ( a common brand name is Mylicon) (this comes with a dropper for use)

- **Clear Liquids you are allowed to have:**

- |                                      |                                  |            |
|--------------------------------------|----------------------------------|------------|
| • Water                              | Apple Juice or WHITE grape juice | Hard Candy |
| • Broth (Chicken, Vegetable or Bone) | Popsicles (No Red or Purple)     |            |
| • 7up, Ginger ale, Sprite            | Jell-O (No Red or Purple)        |            |
| • Coffee & Tea (No cream)            | Sugar or Honey                   |            |

### SEVEN DAYS BEFORE YOUR PROCEDURE

- Stop taking IRON and NSAID medications (anti-inflammatory medications such as ibuprofen, Advil, Motrin, Celebrex, etc. ) **Aspirin 81mg is okay to continue.**
- Follow a low fiber diet until after your appointment. Keep your fiber intake to less than 15 grams per day. **Do not eat seeds, nuts, corn, popcorn, celery and other high fiber food or supplements**

### THREE DAYS BEFORE YOUR PROCEDURE

- Beginning at 6AM, Clear Liquids only! **(NO SOLID FOODS)**

### TWO DAYS BEFORE YOUR PROCEDURE

- **NO SOLID FOODS!** You can continue with the Clear Liquid diet.
- **10am** take 2 Dulcolax tablets with a full glass of water
- Drink at least 8 glasses of water throughout the day and follow the clear liquid diet above. Stay hydrated!
- **At 3PM**, Fill ONE of the Golytely jugs with cold water and begin drinking. Drink one 8 ounce glass every ten minutes until the entire bottle is consumed. You should complete drinking this by 8PM.
- **At 5PM** take 2 Dulcolax tablets with a full glass of water
- You can continue with the clear liquid diet throughout the night **(NO SOLID FOODS)**

### THE DAY BEFORE YOUR PROCEDURE

- **NO SOLID FOODS!** You can continue with the Clear Liquid diet.
- **10am** take 2 Dulcolax tablets with a full glass of water
- **At 3PM**, Fill the other jug of the Golytely with cold water and add 10 droppers full of Simethicone and shake well. You will only be drinking ½ of the bottle. Drink one 8 ounce glass every ten minutes until half of the bottle is consumed. You should finish this by 8:00 PM. Put the remaining ½ bottle of Golytely into the refrigerator.
- **At 5PM** take 2 Dulcolax tablets with a full glass of water
- After completing the steps above you may continue with the clear liquid diet. **(NO SOLID FOODS)**

### THE DAY OF YOUR PROCEDURE

- **4-6 HOURS** before your appointment time, finish the remaining ½ jug of Golytely . You must finish this jug at LEAST 4 hours before your appointment.
- With the exception of the medications on the Pre-procedure instructions you can take any needed medications with a small sip of water, before 6AM.
- **After completing the steps above you cannot have ANYTHING MORE TO DRINK.**
- Bring two fleet enemas (in case your prep was not effective, we will have you use the enemas before your procedure)

**If at any time during your preparation you experience vomiting, stop drinking the Golytely for 20-30 minutes, then restart and finish the remainder of the preparation.**