

GOLYTELY 2-DAY CONSTIPATION PREPARATION INSTRUCTIONS

Read and follow all instructions carefully

Important: Clear liquids ONLY for 2 days prior to your procedure, from the moment you wake up.

PURCHASE AT THE PHARMACY

- 2 Gallons GoLytely Bowel Preparation (prescription)
- 6 tablets Zofran (prescription for nausea)

PREPARATION FOR YOUR PROCEDURE

- **Continue all** aspirin and anti-inflammatory medications including ibuprofen, Motrin, Aleve, naproxen, Naprosyn, sulindac, piroxicam, Feldene, indomethacin, diclofenac, and Voltaren. Tylenol (acetaminophen) is also safe to continue.
- **If you take a prescribed blood thinner you will need holding instructions from our office.**
- Arrange to have a driver take you home after the procedure. You will not be allowed to drive after receiving sedation.
- **If you have diabetes or are taking medications for weight loss, use the following instructions:**
 - Fasting (going without food) is required for this procedure, monitor your blood sugar and follow these directions
 - **GLP-1 - STOP 7 days prior to your procedure.** (ex: Ozempic, Wegovy, Mounjaro, Zepbound, Trulicity, Semaglutide, Tirzepatide)
 - **SGLT2 - Stop 3 days prior to procedure** (ex: Jardiance, Farxiga, Invokana, Steglatro, Brenzavvy, Glyxambi, Synjardy, Xigduo, Qtern)
 - Other oral diabetic medication: do not take the morning of your procedure.
 - Insulin Pump: Leave on, if you have questions refer to your endocrinologist.
 - Long-acting Insulin: half dose the evening before procedure. Do not take the morning of your procedure.
 - Short-acting insulin: dose as necessary with blood sugar monitoring.
 - If you are concerned about your blood sugar dropping, consider purchasing glucose tablets.

CALL MON-FRI 7 AM – 5 PM OR CALL OUR AFTER HOURS NUMBER

Meridian Endoscopy Center	(208) 695-2100
Boise Endoscopy Center	(208) 342-7169
Canyon County Endoscopy Center	(208) 954-8218
10-Mile Endoscopy Center	(208) 565-5035
After Hours	(208) 343-6458

BEFORE YOUR PROCEDURE

- **STOP ALL GLP-1 medications 7 days prior to procedure.**
- **STOP SGLT2 medications 3 days prior to procedure.**

5 DAYS BEFORE YOUR PROCEDURE

- No nuts or seeds.
- Stop all fiber supplements including Metamucil, Citrucel, Benefiber, FiberChoice and flax seeds. If you are taking these to treat constipation, take 17g of MiraLAX daily starting five days prior to your procedure in place of the fiber. (This will require you to purchase MiraLAX in addition to bowel preparation stated above).
- Stop all oil-based vitamins and supplements to include Vitamin A, D, E, Fish Oil, Etc.

2 DAYS BEFORE YOUR PROCEDURE

- **From the moment you wake up, start a clear liquid diet. Do not eat breakfast. Avoid red beverages.**
- Clear liquids only by mouth. This includes clear juices (apple, grape, strained orange, strained lemonade), tea, coffee (no milk or creamer), soft drinks, sports drinks (Gatorade, Powerade), clear broth or bouillon, Jell-O, and Popsicles.
- Avoid red drinks, red Jell-O, and dairy products.
- **Consume large amounts of clear fluids to increase success of the bowel flush, help avoid hunger, and avoid dehydration.**
- **In the morning mix the GoLytely solution according to the instructions in the kit and refrigerate.**

- To decrease the chance of nausea, you may take one Zofran tablet 30-60 minutes prior to drinking your prep. If you become nauseated or vomit, you may repeat Zofran x1.
- **At 4:00 pm, begin drinking 1 gallon of GoLyteLy as instructed:** an 8–10-ounce glass of mixture every 10-15 minutes until you have completed the full gallon. This will induce stools.
- You may continue consuming clear liquids before and after your bowel prep.

THE DAY BEFORE YOUR PROCEDURE

- **Continue the clear liquid diet from the day before.**
- **In the morning mix the GoLyteLy solution according to the instructions in the kit and refrigerate.**
- To decrease the chance of nausea, you may take one Zofran tablet 30-60 minutes prior to drinking your prep. If you become nauseated or vomit, you may repeat Zofran x1.
- **At 4:00pm drink HALF of the one-gallon GoLyteLy as instructed:** 8–10-ounce glass of mixture every 10-15 minutes until you have completed ½ Gallon.

THE DAY OF THE PROCEDURE

- To decrease the chance of nausea, you may take one Zofran tablet 30-60 minutes prior to drinking your prep. If you become nauseated or vomit, you may repeat Zofran x1.
- **Drink the second half gallon of the preparation starting 6 hours before your exam's scheduled time** (e.g., if your appointment is at 10 am, you should start at 4 am. If it is at 1 pm, you should start at 7 am). You must finish the second dose and drink two 16-ounce cups of water within 2 hours of starting. **It is necessary to drink the ENTIRE 2nd bottle, even if your bowels appear clear.**
- After completion of the prep, your stools should be watery and see-through. If they are not, or you have any concerns about the quality of your prep, please call us.
- Please continue consuming **clear** liquids after prep completion to avoid dehydration **up until 4 hours prior to your scheduled procedure.**
- **DO NOT eat or drink ANYTHING 4 hours prior to your procedure. This also means NO water other than to take your medications – this is very important. Drinking less than 4 hours before your procedure may result in delay or cancellation of your procedure!**
- Take your usual prescribed medications with small sips of water.
- Please bring a list of your current medications and correct dosage to your appointment.
- **NO DRIVING** – Because of the sedatives that you will be given **you cannot drive for the remainder of the day.** You need to have a responsible driver to take you home after your procedure. If your driver wishes to discuss the results of your procedure with the doctor, please have them accompany you to your procedure and **remain on site**. We do not recommend Uber, Lyft, or taking a taxi – these are not acceptable forms of transportation post-sedation.
- You will be sedated for your procedure. **Please avoid alcohol and making legal decisions for the remainder of the day after your procedure.**

HELPFUL TIPS

- **STOP GLP-1 medications 7 days prior to your procedure**
- **STOP SGLT2 medications 3 days prior to procedure**
- Clear liquids **only** for two days before and the day of your exam. Do NOT drink any fluids 4 hours prior to your exam.
- You **must** complete your **entire bowel prep**. We often see poor bowel preparations because patients stop drinking.
- If you have trouble drinking the prep, try sucking on ice or a lemon wedge, brush your teeth, chew gum, or rinse your mouth.
- If you finish the whole prep and your stool is brown, thick, or not clear please call us for advice.
- If you are nauseated or vomit with the prep, stop drinking to allow your stomach to settle and take the Zofran we provide.
- You may not remember your conversation with your doctor after your procedure – we **STRONGLY** recommend your driver stays IN our facility to speak with the doctor after your test.
- ❖ **Your procedure time will be approximately 90 minutes from the scheduled check-in time to discharge for procedures in the Endoscopy Centers. Please coordinate with your driver to alleviate delays in discharge. Patients' stay times for hospital procedures may be longer.**
- ❖ **We cannot be responsible for your valuables (*watches or various jewelry items*). Please leave them at home.**

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Portal: <https://idahogastro.myportal.com/>

- ❖ **Bring all insurance cards and a photo ID with you. Please check with your insurance company regarding prior authorization. Fee for services is required at time of check-in. Please be prepared to make a payment.**
- ❖ **IGA recognizes that your time is valuable, and so is ours. If you need to cancel or reschedule an appointment, please do so more than 48 business hours prior to your scheduled appointment arrival time at 208-343-6458. Late cancellations and no shows may be assessed a \$200 fee.**