

# My Colonoscopy Prep Calendar—Two Day Bowel Prep using GoLYTELY



**7 days**  
before  
procedure

## Your Pharmacy Shopping List:

- One bottle Milk of Magnesia (or generic equivalent of magnesium hydroxide).
- 100mg tablets of Colace. Starting TODAY take 2 Colace 100mg tabs by mouth daily in the mornings until the day of your procedure.
- 119 g bottle of Miralax—Mix one capful of Miralax into 8oz water every night until the day before your procedure and drink.
- Prescription for the Golytely.



**7 days**  
before  
procedure

## Your Grocery Shopping List:

- Purchase clear liquid products—examples include:
  - sports drinks (not red, blue or purple)
  - apple or white grape juice
  - ginger ale
  - clear broth or bouillon
  - water
  - coffee/tea without milk
  - clear carbonated beverages
  - plain Jell-O (not red, blue or purple and no fruit or toppings)
  - Italian ice



**3 days**  
before  
procedure

- STOP eating all fruits, vegetables, seeds, and nuts.
- Stop taking any iron or fiber supplements.
- Confirm ride and contact phone number for your colonoscopy. You MUST have a ride home from a responsible adult as you will have received sedation for the procedure. (**NO** taxis, Lyft, Uber, etc).
- Please inform the person providing your ride that the appointment will take approximately 2 ½-3 hours.
- If you are **unable** to make your appointment, please call: **603.665.2470**.



**2 days**  
before  
procedure

- Consume only CLEAR LIQUIDS THE ENTIRE DAY (see 7 days list for suggested liquids).
- DO NOT eat any solid food.
- It is important that you drink lots of fluids 2 days before your procedure as the preparation is very dehydrating.
- Take 2 tablespoons of Milk of Magnesia at dinner time.



**1 day**  
before  
procedure

- Consume only CLEAR LIQUIDS the entire day (no solid food, dairy, juice with pulp, alcohol or anything red, blue or purple in color).
- In the morning:** Prepare the solution of Golytely and refrigerate.
- 4 PM:**
- Drink 1/2 the bottle of Golytely and refrigerate.



**procedure day**

- Have **NOTHING** to eat or drink after **midnight**, except for finishing the Golytely and/or taking any medications as ordered.
- 5 hours before your check-in time: FINISH** the Golytely
- Important:**
- If you are on **blood pressure medication**, you must **take your medication the morning** of your procedure, prior to check-in.



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## IMPORTANT information

Please continue your daily medication regimen except for:

- Diabetic Patients:** Do not take any diabetes medication on the day of your procedure. If you have any questions, please call your prescribing provider. If you take insulin, call your prescribing provider and ask for instructions.
- Patients on Blood Thinners: YOU MUST** check in with your prescribing physician before stopping your medication. If you are currently taking an ASPIRIN daily, do not stop. Below is a list of common blood thinners and when, with **physician approval**, to discontinue them:
  - Ticlid (ticlopidine)—stop 10 days prior to procedure
  - Effient (prasugrel)—stop 7 days prior to procedure
  - Coumadin (warfarin), Plavix (clopidogrel) or Brilinta—stop 5 days prior
  - Pradaxa (dabigatran), Eliquis (apixaban) or Xarelto (rivaroxaban)—stop 48 hours prior
- Patients on Erectile Dysfunction medication:** Viagra, Cialis, Adcirca, Sildenafil or Revatio—stop 24 hours prior.
- Please **bring a list of your current medication** to the procedure and include dosing information.
- You will be contacted by Endoscopy **one week prior** to your procedure to review important details. You will also be contacted 48 hours prior to the procedure to be given your arrival time.
- If you have any discomfort** around the perianal region, use wet wipes instead of toilet paper and apply Vaseline or A&D Ointment to the rectum.
- If you **are unable to make your appointment**, please call: **603.665.2470**. New Hampshire Gastroenterology requires **72 hour notice** for cancellations, as we maintain a waiting list for these appointments. Thank you for your consideration.