

Extended Prep GoLYTELY with Bisacodyl Colonoscopy Instructions

Do not discard these instructions - you will need them when your prep is delivered.

Rev 4 Dec 2023

2 WEEKS BEFORE	5 DAYS BEFORE	2 DAYS BEFORE	1 DAY BEFORE	DAY OF EXAM
<p>If you have not received prep materials, please call 612-467-1984 and leave us a message.</p> <p>If you take blood-thinning or anti-platelet medication, please contact the doctor that prescribes this medication to see if they can be safely stopped before your procedure.</p> <p>If you take a daily Aspirin for your heart, do not stop this.</p> <p>If you have diabetes, you may need to check your blood sugar more frequently while taking the prep.</p> <p>If you are going to have sedation for your procedure, you MUST have a driver or a responsible adult to escort you home on alternate transportation. If you are having anesthesia, you will also need someone to stay with you overnight after your procedure.</p>	<p>Optional: purchase Crystal Light lemonade powder to add to GoLYTELY (No red color)</p> <p>Stop taking iron pills (ferrous sulfate/ ferrous gluconate).</p> <p>Stop taking fiber supplements.</p>	<p>6:00 a.m. - Start a clear liquid diet. NO solid food from now until your procedure.</p> <ul style="list-style-type: none"> ✓ Juices (white grape, white cranberry, apple) ✓ Gatorade®, Pedialyte®, or Powerade® ✓ Jell-O®, popsicles, hard candy ✓ Clear broth or bouillon ✓ Coffee, tea (no dairy) ✓ Sprite®, 7-up®, Ginger ale, Crystal Light®, Lemonade ✓ No red colors. ✓ No alcohol. 	<p>Continue clear liquid diet.</p> <p>Drink 8-10 glasses of clear liquids throughout the day & evening.</p> <p>8:00 a.m. - Take 2 Bisacodyl 5mg tablets by mouth</p> <p>12:00 p.m. (noon) - fill gallon jug (GoLYTELY) with water to line. Shake well until dissolved. (Add Crystal Light lemonade powder if you choose).</p> <p>Drink ½ gallon by 3 PM. Refrigerate remaining ½ gallon.</p> <p>5:00 p.m. - Begin drinking the remaining ½ gallon, finish by 8:00 p.m.</p>	<p>6 hours before your appointment time - Fill a new gallon Golytely Jug to line with water. (You may add crystal light powder) Drink ½ gallon over the next 2 hours—The entire ½ gallon must be finished no later than 4 hours before your exam. Throw remaining ½ gallon away.</p> <p>*If you take insulin or pills for diabetes, do not take your morning dose until after the procedure. Check your blood sugar prior to your appointment.</p> <p>If you take Lisinopril, do not take it this morning.</p> <p>If you have been instructed to hold blood thinning meds for procedure, do not take them this morning.</p> <p>Take other morning meds with a sip of water.</p> <p>You may continue clear liquids until 2 hours before your procedure. (Nothing by mouth within 2 hours)</p> <p>*If you are scheduled for blood draw, go to BA-117 prior to your procedure.</p>
	<p>3 DAYS BEFORE</p> <p>Start low fiber diet.</p> <p>Avoid:</p> <ul style="list-style-type: none"> • Raw fruits/ vegetables • Any whole wheat/ high fiber foods • Popcorn • Salad greens • Nuts/ seeds • Beans <p>Stop taking any antidiarrheal medications, such as loperamide (Imodium)</p>			

Minneapolis VA Health Care System

To Cancel or Reschedule your procedure: **GI Scheduling Line 612-467-4199**
 For questions regarding procedure or prep only: **GI Nurse Line 612-467-1984**