

Wilmington Health  
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Wilmington, NC 28401  
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### **GoLytely Split Dose Prep**

It is important to follow these instructions exactly as written. If your colon is not completely cleaned out the doctor will not be able to see and you may have to repeat the prep and procedure another time.

**Procedure date and time:** \_\_\_\_\_  
**Wilmington Health ASC, Endoscopy Unit - 3<sup>rd</sup> floor**

#### **What to buy:**

- Take your **GoLytely** prescription to your pharmacy and have it filled a few days prior to your exam.
- **Dulcolax (Bisacodyl) 5 mg laxative tablets.** You will need 4 tablets.
- **You will need to purchase these over the counter if they are not included in your prescription.**

#### **The day before your procedure:**

- **You will be on a clear liquid diet all day. NO SOLID FOOD UNTIL AFTER YOUR PROCEDURE!**
- In the morning mix the GoLytely and refrigerate.
- **Please drink large volumes of clear liquids throughout the day to avoid dehydration and ensure a good prep.**
- You MAY have:**
  - Water, tea, black coffee, sodas, clear broths, apple juice, white grape juice, cranberry juice, popsicles, slushy, Italian ice, Hi-C, Kool-Aid, Jell-O and hard candy. **(NO red, orange or purple)**
- Do NOT have:**
  - Meat, milk, cream, pudding, fudgesicles, sherbets, fruit bars, fruit or fruit toppings, cream soups, any juice containing pulp (orange, tomato, grapefruit)
- **At 4:00 pm** take **4** Dulcolax tablets with **2** glasses of clear liquids.
- **At 6:00 pm** begin drinking the GoLytely. Drink 8 ounces (1 cup) every 15 minutes until you have had half of the GoLytely (8 cups).
- Many patients report that it is helpful to use a straw to drink the liquid. You may also put a piece of hard candy in your mouth while drinking to help with the flavor.
- If you become nauseated while drinking the GoLytely, you may take a break, but you will need to resume drinking the prep.
- You may continue to have clear liquids until **3 hours** before your scheduled procedure time.

(See back for continued instructions)

## GoLyteLy Split Dose Prep (cont.)



### The morning of your procedure:

- Start drinking the 2<sup>nd</sup> half of the GoLyteLy **6 hours** before your scheduled procedure time. Drink 8 ounces every 15 minutes until you have finished the GoLyteLy.
- You need to take your usual morning medications with only SIPS of water at least **3 hours** prior to your scheduled procedure time.
- **NOTHING by mouth for at least 3 hours prior to your procedure(s). This includes chewing gum, mints, hard candy, etc. For your safety, failure to comply with this will result in cancellation of your procedure(s).**

### Diabetic Patients:

- On the day before your procedure:** \_\_\_\_\_
- On the morning of your procedure DO NOT take any insulin or diabetic medications.**

### Patients on Blood Thinners:

- Please take your last dose of \_\_\_\_\_ on \_\_\_\_\_.**

### Important Information:

- **Children under the age of 18 are not allowed in the Endoscopy Recovery Room.**
- It tends to be cold in our office, so we encourage you to wear a thick pair of socks to keep warm.
- You will need to bring a form of payment for your copay or deductible. Please leave all other valuables, including jewelry at home. If you do bring a purse, please have your driver keep it for you during your procedure(s).

### **YOU CANNOT DRIVE YOURSELF HOME!**

Following discharge from our center, you will be transported by wheelchair to your vehicle. A **responsible licensed driver of at least 18 years of age must be present upon your arrival and remain in the building during your procedure until it is time to drive you home.** It is recommended that someone remain with you throughout the day. The anesthesia medication you receive during your procedure makes driving dangerous and illegal. **We cannot legally release you to drive. You will not be able to drive the rest of the day. You cannot take a taxi, Uber, or other ride-sharing service home.**

- **Anesthesia services are billed separately by Carolina Anesthesia. Anesthesia billing questions may be directed to 1-800-951-7850. For billing information other than anesthesia you may call our benefit coordinator at 910-796-7754.**

*Thank you for allowing Wilmington Health ASC to serve your health care needs!  
It is our pleasure to be part of your health care family.*