

# GOLYTELY

## Bowl Prep Instructions

Date of Procedure: \_\_\_\_\_ Arrival Time: \_\_\_\_\_

DDSI Endoscopy Center North  
Baptist Physicians Bldg D  
3366 NW Expressway, Ste 400  
Oklahoma City, OK 73112

Baptist Medical Center  
3300 NW Expressway  
Oklahoma City, OK 73112  
Check-In at Out-Patient Registration

DDSI Endoscopy Center South  
4201 S. Western Ave.  
Oklahoma City, OK 73109

### READ ALL INSTRUCTIONS UPON RECEIPT

#### 7 DAYS PRIOR:

- If you have not received your GOLYTELY preparation, please call our office at 405-702-1300.
- The following are risk factors for a poor colonoscopy prep: diabetes, obesity, gastroparesis, chronic constipation, prior colon resection, narcotic use, tricyclic antidepressant use, or a prior poor colonoscopy prep. If you have two or more of the above risk factors, then purchase a 119-gram bottle of MiraLAX from your pharmacy.
- Purchase a package of eight Simethicone 250 mg soft gels from your pharmacy.
- If you are taking a blood thinning medication, follow your doctor's instructions on holding or continuing this medication.
- **STOP** all stool formers (*Metamucil, Fibercon, Citrucel*), bile acid sequestrants (*Cholestyramine, Cholestipol, Colesevelam*), vitamins and iron.
- **STOP** the following diabetic or weight loss injections: *Mounjaro, Zepbound, Wegovy, Ozempic, Trucility, Saxenda, Victoza, Byureo, and Byetta*.

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#### 4 DAYS PRIOR:

- **STOP** eating: seeds, nuts, vegetables, fruits, meat and whole grains. The following foods are OK to eat: white bread, white rice, pasta, chicken, fish, creamy peanut butter, milk, cheese, and yogurt without nuts.
- **STOP** all NSAID's (*Advil, Aleve, Celebrex, Ibuprofen, Midol, Mobic, Motrin, and Naproxen*); Tylenol OK to use.
- If you have two or more of the above risk factors for a poor colonoscopy prep, then take one scoop of MiraLAX (17 grams) **twice daily** for the next three (3) days.

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#### 1 DAY PRIOR:

- Only consume clear liquids.
- Do not eat solid food until after your procedure.
- No milk or milk products, no soy or non-dairy creamer, no juice pulp, no alcohol, and nothing red or purple in color.
- Drink at least eight – 8oz glasses of clear liquid (64 oz) during the day prior to starting your prep.

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#### EVENING PRIOR TO COLONOSCOPY AT 5PM:

- Shake the mixture and begin drinking the **1st dose** of Golytely Solution.
- Drink half (1/2) of the gallon; drink a half cup of mixture every five (5) minutes until half of the prep is gone.
- Drink quickly rather than drinking small amounts continuously.
- A watery bowel movement should begin in approximately one (1) hour.
- After drinking your prep, you may continue drinking non-colored liquids (water, 7-Up, Sprite, Ginger Ale)

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**David A Neumann II, M.D.**

(405) 702-1300 | 3366 NW Expressway, Bldg D, Suite 400 | Oklahoma City, OK 73112

# GOLYTELY

## Bowl Prep Instructions

### DAY OF COLONOSCOPY: 5 HOURS PRIOR TO YOUR PROCEDURE ARRIVAL TIME:

- Take three (3) Simethicone 250 mg soft gels.
  - Drink the **2<sup>nd</sup> dose** of Golytely Solution.
  - Drink last half (1/2) of the gallon; drink a half cup of mixture every five (5) minutes until it is gone.
  - Drink quickly rather than drinking small amounts continuously.
  - It is very important you drink all of your prep to optimize the quality of your exam.
  - If you experience nausea or vomiting during your prep, stop for 15 minutes; then resume at a slower pace.
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### 3 HOURS PRIOR TO YOUR PROCEDURE ARRIVAL TIME:

- Stop drinking all liquids.
  - Take all other medications with a small sip of water at least 3 hours prior.
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### NO CHEWING TOBACCO, GUM or SMOKING (CIGARETTE, CIGAR, PIPE, MARIJUANA, VAPOR):

- Do NOT chew tobacco, gum or smoke on the date of the procedure, until after your procedure.
  - Nicotine Patch OK.
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### TRANSPORTATION:

- Bring someone with you that can safely drive you home. No taxi's, ride shares or public transportation, unless you are accompanied by a family member or friend.
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### BRING THE FOLLOWING TO YOUR PROCEDURE:

- Insurance Card/Photo ID.
  - Completed Patient History Intake Form and List of Current Medications.
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### CANCEL OR RESCHEDULE:

- Please let us know at least 3 business days prior to your appointment if you need to cancel or reschedule to avoid a late notice fee.
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**CALL 405-702-1300 IF YOU HAVE QUESTIONS**

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