My Colonoscopy Prep Calendar—Bowel Prep Using GoLYTELY



Your Pharmacy Shopping List:

- One bottle Milk of Magnesia (or generic equivalent of magnesium hydroxide).
- Prescription for the Golytely.

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

- 5 days before procedure
- Stop taking any iron supplements.
 Confirm ride and contact phone number to 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
- Please inform the person providing your ride that the appointment will take approximately 2¹/₂-3 hours.

- 3 days before procedure
- STOP eating nuts, seeds, corn, beans or any fruit or vegetable with a skin.
- STOP taking fiber supplements.

 If you are unable to make your appointment, please call:
 603.665.2470.

Thank you for your consideration.



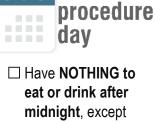
Take 2 tablespoons of Milk of Magnesia at dinner time.



- 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.



for finishing the

Golytely and/or

medications as

taking any

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.

Please see important medical information on the reverse side



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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 (dabigatron), Eliquis (apixaban) or Xarelto (rivaroxaban)—stop 48 hours prior
- Patients on Erectile Dysfunction medication: Viagara, Cialis, Adcirca, Sildenafil or Revatio—stop 24 hours prior.
- Patients on Appetite Suppressant medication:phentermine (brand names Lomaira, Adipex-P; also as phentermine/topiramate in Qsymia) stop 7 days prior to procedure.

- 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. Thank you for your consideration.



Diabetic and Weight Loss Medications

If you are taking the following medications, you must ensure that your procedure takes place at least 8 days after your most recent dose:

Generic Drug	Brand Name
Dulaglutide	Trulicity
Exenatide (ER, IR)	Bydureon Bcise, Byetta
Liraglutide (1.2mg, 1.8mg, 3mg)	Saxenda, Victoza
Semaglutide	Ozempic, Wegovy, others
Tirzepatide	Mounjaro, Zepbound
Albiglutide	Tanzeum, Eperzan
Lixisenatide	Adlyxin
Semaglutide	Rybelsus

Please ensure you are checking your blood sugar levels at a more frequent rate while you are holding these medications.

