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Golytely Day Before Prep

DATE OF PROCEDURE _____ **TIME OF PROCEDURE** _____

PLACE OF PROCEDURE: NRH Endoscopy Center

Texas Health Alliance Surgery Center Texas Health Alliance Hospital

ARRIVE AT _____. Take your insurance card and photo ID with you.

You will need to purchase the following items: (4) Dulcolax 5 mg tablets

DAY BEFORE THE PROCEDURE _____ **FOLLOW THE INSTRUCTIONS BELOW:**

Prepare Golytely according to the instructions on the bottle and refrigerate (do this first thing in the morning).

Breakfast, Lunch, and Dinner, and all day: CLEAR LIQUIDS only.

Examples: broth, Jello (no red, purple, or orange), black coffee, tea, carbonated drinks, apple juice, etc...**NO** solid foods, juices with pulp, or milk products the day before the procedure.

Approximately 12:00 pm (noon): Take the four Dulcolax (Bisacodyl) 5 mg tablets at one time.

Approximately 6:00 pm

Begin drinking Golytely. Drink 8 oz. every 10-15 minutes.

Please note the more liquid you drink, the better your bowel prep will be. It is recommended that in addition to the bowel prep solution, you should try and drink at least 32 oz of some other fluid during the course of the prep. This can be done either during the times you are taking the bowel prep or after you have taken it. Any of the fluids listed in the clear liquids section are acceptable.

DISCONTINUE LIQUIDS FOUR HOURS PRIOR TO YOUR PROCEDURE.

Stop taking iron products 3 days prior to your procedure.

You may take blood pressure and heart medication on the morning of your procedure.

If you are Diabetic and on medication, please check with your doctor regarding special instructions.

Have someone available to drive you home due to the IV sedation.