

## (EXTRA PREP) NULYTELY, GOLYTELY PREP

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### 5 DAYS BEFORE YOUR COLONOSCOPY:

- Read all prep instructions.
- Stop all herbals, vitamins, and iron supplements.
- Fill your prescription for your bowel prep at your pharmacy.
- Purchase (2) **Dulcolax (Bisacodyl) tablets** and (1) **10 ounce bottle of Magnesium Citrate** at your pharmacy.
- **DO NOT EAT CORN OR ANY FOODS THAT CONTAIN SEEDS**

We will call you 3 business days before your test with your arrival time. You **MUST** have a driver to take you home or your procedure will be cancelled.

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### THE DAY BEFORE YOUR COLONOSCOPY:

#### **CLEAR LIQUIDS( clear liquids only, no solids)**

water, clear fruit juices including apple, white grape, and white cranberry, lemonade, coffee or tea (no dairy or non-dairy creamer), chicken broth, jello, popsicles, Italian ice, Sprite, 7-up, ginger ale, and Mountain Dew. **NO RED OR PURPLE LIQUIDS.**

**-NO SOLID FOOD ALL DAY**

**-CLEAR LIQUIDS ALL DAY**

**-NO ALCOHOL**

**-NO MILK BASED PRODUCTS**

**-8AM-** Drink the whole 10 ounce bottle of Magnesium Citrate, finish by **10AM**

**-4PM-** You will now mix your bowel prep solution by tearing off one flavor packet of your choice and add it to the container. Then add water to the "fill line" on the container. Put the lid back on the container and shake it to dissolve the powder. **The solution will be clear and colorless. Put it into the refrigerator so that it can chill.**

**-4PM-** Take (2) **Dulcolax (Bisacodyl) tablets with water.** Do not crush or chew the tablets. Do not take an antacid within 1 hour of taking the laxatives.

**-6PM-** Take the medication prescribed to you to prevent nausea with a sip of water.

**-6PM-** Take the bowel prep solution out of the refrigerator. You will need to drink **HALF** of the solution, (1) 8 ounce glass every 10-20 minutes until you have consumed **HALF** of the solution. Place the remaining solution back into the refrigerator. Do not take any other medication within 1 hour of drinking the solution or it will be flushed out of your system. You may continue with clear liquids until midnight.

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### THE MORNING OF YOUR COLONOSCOPY:

**-NO SOLID FOOD**

**-NO ALCOHOL**

**-NO MILK BASED PRODUCTS**

\_\_\_AM (You will be given this time according to your arrival time.) **Take the medication prescribed to you to prevent nausea with a sip of water.**

\_\_\_AM-(You will be given this time according to your arrival time.) **Take the bowel prep solution out of the refrigerator.** Drink the remaining solution at this time. You will need to finish it within 1 hour. After completion of this dose, you will have nothing more to drink until after your test.

#### **Important Reminders:**

If you were instructed to take any medications the morning of your procedure, please do so with a small sip of water only. **Please call us if you have any questions or concerns at 724-439-8906.**