GOLYTELY

MEMORIAL HEALTH SYSTEM OF SOUTHWEST OKLAHOMA

DIGESTIVE DISEASE SPECIALISTS, INC.

PLEASE CHECK IN AT THE GI LAB FRONT DESK ON THE 3RD FLOOR IN THE OUTPATIENT BUILDING-110 NW 31ST.

- Do **NOT** take any iron 5 days prior to your procedure
- Do **NOT** take Phentermine 7 days prior to your procedure
- Do **NOT** take GLP-1 medications (Trulicity, Victoza, Ozempic, Wegovy, Mounjaro, etc.) 7 days prior to your procedure
- If you take any blood thinners: Aspirin, Plavix (Clopidogrel), Coumadin (Warfarin), Pradaxa, Effient, Brilinta, Eliquis, or Xarelto please let our staff know. **Call or text 580.250.5200**

THE DAY BEFORE YOUR COLONOSCOPY

- Mix the colon preparations according to the instructions on the bottle and refrigerate.
- Follow a clear liquid diet for the day. Examples are broth, jello, popsicles, water, Sprite, ginger ale, tea, coffee, 7-up and clear juices. NO RED OR PURPLE DYES. Do not have any solid foods until after your procedure.
- Start drinking the Golytely at 6 PM. Drink a glass every 15-30 minutes. The entire container must be finished by 10:00 PM. If cramping, nausea or vomiting should occur, take a 30-45 minute break from drinking the solution. Your goal is to have clear, watery stools; this is when you know your colon is completely clean and ready for your procedure.
- Feelings of nausea and bloating are common due to the large volume of liquid you will consume. This feeling is temporary and should subside when bowel movements begin.
- Do not drink anything after midnight, including gum, mints or tobacco products of an kind.
- NO DIP, CHEWING TOBACCO, CIGARS OR CIGARETTES.

THE DAY OF YOUR COLONOSCOPY

- If you are diabetic, you will need to adjust your medication dosage for the day. You will hold your oral medications the morning of your procedure.
- You may take your heart and blood pressure medication(s) with a small sip of water.
- Please complete and bring all paperwork you've been given, your insurance cards, and state issued ID.
- You will be sedated for your procedure and will need a driver to take you home. You will not be able to drive or work the rest of the day. We are not permitted to allow you to utilize taxis, Ubers, buses, or other forms of public transportation to take you home following your procedure.

USE THIS PROCEDURE IF APPOINTMENT IS AFTER 11AM:

SPLIT-PREP - Start 1st half of prep at 6:00 PM. The 2nd half of the prep will be finished 6 hours prior to your procedure time.

APPOINTMENT TIME:

11:00/11:30 AM: (All doctors except Bookman) Start 2nd half of prep at 3:00 AM, finish by 5:00 AM.

12:00/12:30 PM: Start 2nd half of prep at 4:00 AM, finish by 6:00 AM.

1:00/1:30 PM: Start 2nd half of prep at 5:00 AM, finish by 7:00 AM.

2:00/2:30 PM: Start 2nd half of prep at 6:00 AM, finish by 8:00 AM.

3:00/3:30 PM: Start 2nd half of prep at 7:00 AM, finish by 9:00 AM.

DR. NUSRAT PATIENTS:

- **10:00/10:30 AM:** Start 2nd half of prep at 2:00 AM, finish by 4:00 AM.

DR. BOOKMAN PATIENTS:

- Dr. Bookman does not do split preps
- All preps will be completed by midnight

IF YOU HAVE NOT HAD A BOWEL MOVEMENT BY 10PM THE DAY BEFORE YOUR PROCEDURE, PLEASE CONTACT THE HOSPITAL AND HAVE THEM PAGE YOUR DOCTOR 580.355.8620