

# ShandsJacksonville

GI Lab, Faculty Clinic – 1<sup>st</sup> floor

653 West 8<sup>th</sup> St. (904) 244-3735

## GOLYTELY PREP

1. 2 weeks before your procedure:
  - A. Do not take any iron pills for 2 weeks before your procedure.
  - B. Do not take any aspirin for 10 days before your procedure.
  - C. If you are on a blood thinner such as Plavix, Coumadin, or Pletal, please consult your physician about stopping the medication prior to the procedure.
  - D. Do not take Ibuprofen, Advil or Motrin for 3 days before your procedure.
  - E. Get you prescription for the GoLytely filled at your pharmacy.
  - F. 1-2 days before your procedure, a GI Lab nurse will call to confirm your arrival time for the procedure.
2. The day before your procedure:
  - A. You may not eat any solid food all day.
  - B. You may have clear liquids such as jello, tea, apple juice, gator-aid, and 7-up. You must be able to 'see' through the liquid and the liquid must not be the color red.
  - C. At 5 pm, start drinking the GoLytely. Try to drink 8 ounces every 15 minutes. If you get nauseated, rest for 30 minutes, and then start again. The whole can must be consumed. This will cause you to have cramping and diarrhea. You cannot have anything after midnight.
3. The day of your procedure:
  - A. If you are on blood pressure, heart and/or seizure medication, please take them at 6 am with a sip of water. You cannot have anything else.
  - B. If you are diabetic and are on medication, do not take any diabetic medication. Your blood sugar will be checked before the procedure.
  - C. You MUST have someone with you to drive you home. Your procedure will not be performed unless you have a ride.