

GoLYTELY or other PEG Magnesium Citrate 2-Day Colonoscopy Preparation

Preparing for your procedure

Your colonoscopy is scheduled for: _____ Please check in at: _____ a.m./p.m.
Day Date

Show your current insurance card and photo ID at check-in.

Doctor: _____ Pharmacy: _____

What you'll need	7 days before your procedure	5 days before your procedure
<p>Your prescription bowel preparation (see below) will be available at the pharmacy written in above 7 days before your procedure.</p> <ul style="list-style-type: none"> • Polyethylene glycol (PEG) laxative, such as GoLYTELY, CoLyte, NuLYTELY or GaviLyte—4-liter container (Note: Your pharmacy may fill your prescription with one of the above or another equivalent PEG laxative, depending on availability) • Bisacodyl—4 tablets that must contain 5 milligrams of Bisacodyl, such as Dulcolax laxative tablets (Don't use Dulcolax stool softener.) • Magnesium citrate (a laxative)—10-ounce bottle • Ondansetron hydrochloride (Zofran) (anti-nausea and anti-vomiting medicine)—3 tablets 	<ul style="list-style-type: none"> • Talk to your primary care clinician about stopping any: <ul style="list-style-type: none"> » Anticoagulation medications, such as apixaban (Eliquis), dabigatran (Pradaxa), rivaroxaban (Xarelto) or warfarin. » Antiplatelet medications, such as clopidogrel (Plavix). • Ask your primary care clinician for instructions if you take insulin for diabetes, have heart valve disease or have had heart valve replacement. • Stop taking multivitamins and other medications with iron. • Arrange for a ride home from a licensed driver after your procedure. Don't take a bus, cab or ridesharing service unless an adult rides with you. Don't ride a motorcycle. 	<ul style="list-style-type: none"> • Start eating a low-fiber diet. A low-fiber diet helps make the bowel preparation more effective. See the handout <i>Low-Fiber Diet Guidelines</i> (#20953). • Stop taking Metamucil or FiberCon fiber supplements. • Drink at least eight 8-ounce glasses of water throughout the day. Cross out each square as you drink a glass. <input type="checkbox"/><input type="checkbox"/><input type="checkbox"/><input type="checkbox"/><input type="checkbox"/><input type="checkbox"/><input type="checkbox"/><input type="checkbox"/> • Don't drink any alcoholic beverages. • Complete the health history form (if a form was given to you).
Tips for drinking the PEG solution		
<ul style="list-style-type: none"> • Drink the solution quickly—Drinking it quickly is part of how the preparation works. • Drink the solution cold but not ice cold. Ice-cold liquids aren't digested as quickly. 	<ul style="list-style-type: none"> • Add a little Crystal Light (lemonade only) to each glass as you drink for flavor. Don't add to the entire prepared solution. • Drink through a straw to help the flavor pass over your taste buds. 	<ul style="list-style-type: none"> • Wear warm clothing since drinking the prepared solution may make you cold. • Suck on a lemon or hard candy between each glass to help reduce the flavor of the preparation.

2 days before your procedure	1 day before your procedure	Day of your procedure
<ul style="list-style-type: none"> • Don't eat any solid food. Begin a clear liquid diet. Clear liquids are liquids that look like colored water and you can see through at room temperature. • Don't drink any red or purple liquids. The color may interfere with your procedure. <p>You may have:</p> <ul style="list-style-type: none"> » Water, clear broth or bouillon, coffee or tea without milk or nondairy creamer » Gatorade or Powerade noncarbonated sports drink—Regular Gatorade, regular Powerade, Gatorade G2 and Powerade Zero are OK. Choose a green-, yellow- or clear-colored flavor. Don't use powdered Gatorade. » Pedialyte, carbonated and noncarbonated soft drinks, Kool-Aid or other fruit-flavored drinks and strained fruit juices without pulp (apple, white grape, white cranberry) » JELL-O, popsicles and hard candy <ul style="list-style-type: none"> • Drink at least eight 8-ounce glasses of water throughout the day. Cross out each square as you drink a glass. <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> • At 6 p.m., drink the 10-ounce bottle of magnesium citrate. 	<ul style="list-style-type: none"> • Continue a clear liquid diet. • See tips for colon cleansing in the handout <i>Colonoscopy: What to expect</i> (#13060). • Drink at least eight 8-ounce glasses of water throughout the day. Cross out each square as you drink a glass. <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> • Mix the PEG solution as directed on the container. If you want, refrigerate to chill before drinking. • At 5 p.m., take 4 bisacodyl tablets. • At 6 p.m., begin drinking 2 liters (half the container, or about eight 8-ounce glasses) of the PEG solution: <ul style="list-style-type: none"> » Drink one 8-ounce glass every 10 minutes until the container is half empty. » If you experience nausea or vomiting, rinse your mouth with water and take a 15- to 30-minute break. Then continue drinking the solution. Take ondansetron if needed for nausea according to the prescription label. » Refrigerate the remaining 2 liters (half of the container) of the PEG solution. » Expect to have diarrhea. You may see results right after drinking the solution, or it may take a bit longer. You may feel chilled. • Continue to drink clear liquids. Drinking clear liquids makes sure you're hydrated and helps the bowel preparation work. 	<ul style="list-style-type: none"> • Four hours before your procedure, drink the rest of the PEG solution. • Continue a clear liquid diet, including water. • You may take your morning medicines with 4 ounces of water after finishing your PEG solution. • Three hours before your procedure, stop drinking all liquids, including water. • Your stool should be clear or yellow liquid. If you're unsure whether your colon is clean, call the number on the handout <i>Gastroenterology and Endoscopy Locations</i> before leaving for your procedure. • Bring the following to your procedure: <ul style="list-style-type: none"> » Health insurance card » Photo ID » Completed health history form (if a form was given to you) » Adult to drive you home or ride with you if you take a bus, cab or ride-sharing service

