with GoLYTELY

Be Sure You’re Ready for Your Test

- Your doctor has ordered a test to check your colon for any problems.
- Your colon must be empty and clean for the doctor to see.
- If your colon is not clean and empty we will not be able to do the test.
- Read this whole handout right away and do each step inside very carefully.

1 to 2 Weeks Before Your Test

- Make plans for someone to **drive you to and from the clinic.** We cannot let you leave if you are alone.
  
  Driver:          Phone:

- **Plan to take off work** the day of your test. You will be sleepy and forgetful after your test.

- **Call your insurance company.** Find out if you need to pay part of the cost on the day of your test.

- Please be sure to bring your payment with you on the day of your appointment.

Do You Have Diabetes?

- If you have diabetes you need different instructions. Please contact the appointment office at 925-6000 for the correct information.
## Time Before Your Test

### For 7 Days Before Your Test

**Don’t take any of these medicines:**

- Ibuprofen
- Motrin
- Advil
- Celebrex
- Naprosyn
- Piroxicam
- Aleve

- Alka Seltzer
- Pepto Bismol
- Ginko Biloba
- Iron
- Herbal supplements
- Fish oil

**Ask your doctor when to stop taking these (if you take them):**

- Plavix (clopidogrel)
- Heparin
- Lovenox (enoxaparin)
- Coumadin (warfarin)
- Other blood thinners

**It’s OK to keep taking these:**

- Blood pressure medicines
- Aspirin 81mg (baby)
- Heart medicines
- Seizure medicines
- Depression medicines
- Anti-viral medicines
- Birth control pills
- Multivitamins (NO IRON)

### For 3 Days Before Your Test

- Do not eat any nuts or corn.
- Do not eat any seeds or foods that have seeds in them, like berries, tomatoes or cucumbers.

**Shop for these things at your drug or grocery store:**

- Your GoLYTELY prescription (1 bottle) Flavor packets are okay.
- Dulcolax LAXATIVE (Bisacodyl 5 mg) tablets. Generic is okay.
- A supply of liquids (see the list of what’s OK to drink on the next page)

You may also want these:

- Baby wipes and A&D ointment (in case you get sore).

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**DO NOT FOLLOW THE INSTRUCTIONS ON THE BOTTLE OF GOLYTELY**
Day Before Your Test

Do Not Eat Any Food Today!
No Breakfast, No Lunch, No Dinner, No Snacks!

When You Wake Up

- Start the “liquid” diet. Drink at least 2 glasses (16 ounces total) of liquids every hour while you are awake.

  It's OK to drink:
  - Sprite, 7Up, ginger ale, Pepsi Cola, Coca Cola, Root Beer, Dr. Pepper
  - Apple juice, white cranberry juice, white grape juice (no red or purple)
  - Crystal Light yellow lemonade, yellow or orange Gatorade
  - Plain beef or plain chicken broth
  - Plain coffee and tea, with sugar if you like

  Do NOT drink:
  - Anything red, green, blue or purple
  - Alcohol, milk, orange juice, tomato juice, or any fruit juice or vegetable juice with pulp (little pieces) in it

At 4:00 p.m.

- Take 4 Dulcolax LAXATIVE (Bisacodyl 5mg) tablets (a total of 20 mgs).
- Keep drinking two (2) glasses of liquids every hour.
- Mix GoLYTELY in the large bottle by filling it with water. Shake it well and place it in the refrigerator.

At about 6:00 p.m.

- Start drinking the GoLYTELY.
- Drink a full glass every 10-15 minutes until it is all gone. Keep drinking all the mix even if your stool (poop) is clear or yellow.
- Stay close to your toilet the rest of the day and the night! Expect a lot of diarrhea.
- Use baby wipes and A&D ointment to help with soreness.

Having a Hard Time Drinking All the Mix?

Feel sick to your stomach? Take a 30-minute rest. Or try small sips of Coca-Cola. Then start drinking again.

Do Not Drink After Midnight!
On the Day of Your Test

Do Not Drink or Eat Any Food Until after Your Test

- **Take off work** the day of your test. You will be sleepy and forgetful after your test.
- It’s OK to take any of these medicines with one sip of water **but not food:**
  - Blood pressure medicines
  - Heart medicines
  - Seizure medicines
  - Depression medicines
  - Anti-viral medicines
- Please arrive 30 minutes before your appointment time to check-in.
- **Your driver must check in with you.** You will be groggy and not able to drive until the next day. **When you go home you may not** walk or leave by taxi, bus, or bicycle. Your driver must sign you out.

Center for Digestive Disease
1001 Dr. Martin Luther King Jr.

UNM Main Hospital
Endoscopy 2 South
2211 Lomas Blvd. NE