



BROWARD — DIGESTIVE CARE —

Golytely Split Prep Instructions

General Guidelines for Your Colonoscopy

Why It Is Performed: A colonoscopy is an endoscopic procedure to examine the large intestine. Your doctor may recommend this procedure for:

- Changes in bowel habits
- Blood in stool
- Unexplained anemia
- Colon cancer screening

Before the Procedure:

- You will receive a call the day before the procedure to confirm your arrival time.
- Please arrive at the designated time to ensure proper preparation. Note: Unlike surgery centers, this unit serves both inpatients and outpatients, and emergencies may cause delays. We appreciate your patience and assure you of the best care during your procedure. Be prepared to spend the day at the facility due to the unpredictable nature of the unit.
- Avoid bringing valuables or wearing jewelry, as there is no secure storage available.
- **You will receive medication to help you sleep during the procedure, so it's essential to have someone accompany you to take you home. For your safety, you cannot drive or use public transportation alone for 24 hours following the procedure. Please make sure you have a responsible adult available to drive you to and from the appointment. Without confirmation of a post-procedure driver, we will be unable to proceed with the procedure.**

Golytely (GaviLyte-G) Prep

Supplies Needed:

- Obtain your prescription for Golytely (GaviLyte-G) in advance.

5 Days Before Your Procedure:

- Review all preparation instructions.
- Consult your prescribing physician for guidance on blood thinners.
- Discontinue herbal, oil-based vitamins, and iron supplements.



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- Stop fiber supplements like Metamucil (psyllium), Citrucel (methylcellulose), Fibercon (polycarbophil), Benefiber (Wheat Dextrin), and Konsyl (psyllium hydrophilic mucilloid).
- Avoid medications that stop diarrhea, such as Imodium (loperamide), Kaopectate, and Pepto Bismol.
- Do not take vitamin E, multivitamins, or iron tablets unless otherwise directed.
- Avoid high-fiber foods, including nuts, seeds, and popcorn, as well as hard fruits and vegetables.

Day Before the Procedure:

- DO NOT consume solid foods.
- Stick to clear liquids only (excluding red or purple liquids) for breakfast, lunch, and dinner. Suitable options include:
 - Water (plain, carbonated, or flavored)
 - Clear fruit juices like apple or white grape juice
 - Fruit-flavored beverages (avoid red or purple)
 - Carbonated drinks, including cola and root beer
 - Gelatin (not red or purple)
 - Tea or coffee without milk or cream
 - Sports drinks (no red or purple)
 - Clear, fat-free broth (bouillon or consommé)
 - Honey or sugar
 - Hard candy like lemon drops or peppermint rounds
 - Ice pops without milk, fruit bits, seeds, or nuts
- Drink at least 8 ounces of clear liquid every hour while awake.
- Do not add sugar or any additives to the Golytely solution.

How to Prepare Golytely: Fill the container with lukewarm drinking water up to the indicated line. Close the cap and gently shake until the powder is fully dissolved and the solution is clear. For a better taste, refrigerate the solution before drinking.



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If Dulcolax (bisacodyl) is prescribed with Golytely:

- Take all four Dulcolax tablets one hour before the first dose of Golytely.

If Your Arrival Time Is Before 12 Noon:

- At 4 PM the day before the procedure, start drinking the first half (2L) of the solution, consuming 1 glass (about 8 ounces) every 15 minutes until finished.
- If you feel too full or experience nausea, pause for 20-30 minutes, then resume. Refrigerate the remaining solution.
- At 10 PM, drink the second half (remaining 2L) of the solution, following the same process.

If Your Arrival Time Is After 12 Noon:

- At 5 PM the day before the procedure, begin drinking the first half (2L) of the solution, following the same process.
- At 6 AM the morning of your procedure, drink the second half (remaining 2L) of the solution, following the same process.

IMPORTANT: Finish drinking the solution 4 hours before your arrival time. It is crucial to complete the entire prep solution to ensure a thorough bowel cleanse, even if you are passing clear liquids.

Day of Procedure

- **Dietary Restrictions:**
 - No solid food.
 - No alcohol.
 - Do not consume anything unless completing the Golytely solution.
 - No gum or breath mints.
- **Medications:**
 - Take only necessary medications (e.g., for high blood pressure, seizures, thyroid issues) with a small sip of water.
 - For diabetics, avoid "sugar" pills and regular insulin (R) on the day of the procedure. Consult your prescribing physician for instructions on other insulin preparations.



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- For blood thinners like Coumadin (Warfarin) and Plavix (clopidogrel), consult your physician for specific instructions. Continue taking daily aspirin as prescribed.
- Inform your doctor of any allergies.

Your procedure will be done at:

Arrive 1½ hours before your scheduled time or as instructed during your pre-call. Register upon arrival and provide your medical history. Ensure you have a responsible adult to accompany you home. Bring a photo ID, insurance card, and a list of medications.

Parking: Park in the designated parking area. Bring your parking ticket with you for validation.

During Colonoscopy:

- An IV will be started to administer fluids, sedatives, and other necessary medications.
- The doctor will perform a digital rectal exam and then pass the colonoscope through your rectum and colon. A video camera on the colonoscope will display images on a monitor for the doctor to review.
- The colon will be inflated with air or CO2 to enhance visibility.
- Biopsies may be taken if needed.

After the Procedure:

After the procedure, you will recover from anesthesia in the recovery area. Your doctor will discuss the results with you. Due to the effects of anesthesia, it is advisable to have a family member present for this discussion if desired.

• **Post-Procedure Instructions:**

- Do not drive, operate heavy machinery, or consume alcohol for 24 hours.
- Rest and eat light meals such as scrambled eggs, toast, or a sandwich. Avoid fried or fatty foods and large quantities. Gradually resume normal eating as tolerated.
- Expect possible excess gas; avoid gas-inducing foods like beans or carbonated drinks.

Contact your doctor immediately if you experience:

- Severe or persistent abdominal pain
- Heavy rectal bleeding



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- Fever over 101.5°F or chills
- Vomiting blood or material resembling coffee grounds
- Severe dizziness, fainting, or chest pain

Common Side Effects:

- Nausea or vomiting
- Gas, bloating, or cramping

These symptoms should improve over time. Contact your doctor if they persist or worsen.

Medications After Discharge: Resume your usual medications unless otherwise instructed. Consult your doctor regarding when to restart any blood thinners. Common blood thinners include:

- Rivaroxaban (Xarelto)
- Dabigatran (Pradaxa)
- Apixaban (Eliquis)
- Heparin
- Warfarin (Coumadin)
- Clopidogrel (Plavix)
- Aspirin
- Enoxaparin (Lovenox)
- Ticagrelor (Brilinta)

Follow-Up: Schedule a follow-up appointment with your physician.

Broward Digestive Care

Phone: **954-331-0104**

FAQs

Has colonoscopy been shown to prevent colon cancer?

Yes, colonoscopy can detect and remove polyps, and identify early cancers, reducing both new cases and mortality from colon cancer.



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Are there alternatives to colonoscopy?

Yes, but colonoscopy remains the most accurate method for detecting colon cancer and polyps.

Is colonoscopy painful?

No, the procedure is usually not painful due to IV sedation.

What if I accidentally eat something I shouldn't have before the procedure?

Generally, one or two dietary mistakes do not significantly affect the preparation. Inform your doctor of any deviations.

How can I make the preparation taste better?

You can add flavor packets or powdered flavorings (avoid red or purple). Drink through a straw, hold your nose, or use hard candies or sour items like lemon wedges.

When will I start having bowel movements?

Timing varies, but you should continue the prep even if your output becomes clear. Failure to complete the prep may require rescheduling.



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