

# MGB GASTROENTEROLOGY

10 Main Street, Florence, Massachusetts 01062 (413) 586-8910 FAX (413) 584-7270

David A. Berkman, MD  
Joseph P. Tassoni, MD  
David Kalman, MD

Michal Ganz, MD  
Vikram Budhreja, MD

## SPLIT COLONOSCOPY PREPARATION USING GOLYTELY

**PLEASE FOLLOW ALL INSTRUCTIONS: Please complete the prep as directed. An incomplete prep can lead to a poor exam. If you experience vomiting repeatedly (more than twice) please take a 30 minute break, drink warm liquids, walk around and slowly resume your prep.**

**\*\*BLOODTHINNER INSTRUCTIONS:**

**\*\*DIABETIC INSTRUCTIONS:**

**FIVE DAYS before the test:** Avoid raw fruits, raw vegetables, raw or cooked corn, salads, red Jell-O, beets, granola, nuts, and seeds.

**\*At least two days before test: you will need to obtain the following from your pharmacy:**

- Four (4) Bisacodyl 5 mg tablets, available over the counter
- NuLytely/GoLytely/Colyte/PEG-3350, available by prescription

**ONE DAY before the test:**

**Light breakfast prior to 10:00am** (i.e. eggs, piece of toast, cup of black coffee or tea –no milk) **THEN Clear liquids only after 10 a.m.:** water, seltzer, tea or coffee (without milk or non-dairy creamer), Gatorade, broth, clear/non-citrus fruit juices, popsicles, and Jell-O. Drink at least 64 ounces of clear liquids.

→ **At 2 pm**, take all four bisacodyl tablets with at least 8 ounces of clear liquid.

Continue drinking clear liquids all day.

→ **At 4 p.m.**, begin drinking 2 liters of NuLytely/Golytely, by drinking 8 ounces every 10 to 15 minutes. It will take you 90 minutes to 2 hours to drink the two liters. **\*You will have 2 liters left over for the morning dose\***

**\*\*PLEASE AVOID red, blue and purple liquids, dairy and soy products, and juices with pulp or sediment.\*\***

**Please avoid all gum or hard candy after midnight (12:00am) until after your exam.**

**\*\*ALL PIERCINGS, JEWELRY AND CONTACT LENSES MUST BE REMOVED PRIOR TO PROCEDURE\*\***

**THE MORNING of the test:**

→ **Prior to procedure time:** *Drink the remaining two liters of GoLytely* (at \_\_\_\_\_)

It will take you 90 minutes to 2 hours to drink the two liters.

Stop **all** liquids 4 **hours** prior to the procedure time (nothing after \_\_\_\_\_)

**YOU MUST HAVE A RIDE HOME.** You will not be discharged from the Endoscopy Unit unless you are **accompanied by a responsible adult** who will **either drive you home or accompany you home** by taxi, uber, or bus.

REPORT TO: \_\_\_\_\_ Cooley Dickinson Hospital, 30 Locust Street, Northampton, North Entrance

**\*You will be receiving a blocked call from Assessment at CDH, please answer when called\***

\_\_\_\_\_ Valley Medical Group, 31 Hall Drive, Amherst (Ambulatory Surgical Center Main Floor)

\_\_\_\_\_ Pioneer Valley Surgicenter, 3550 Main Street, Springfield, Suite 103

**\*Do not take Advil or Aleve the morning of your procedure**

**DAY:** \_\_\_\_\_

**DATE:** \_\_\_\_\_

**ARRIVAL TIME:** \_\_\_\_\_