



2631 Forest Drive Columbia SC, 29204

Phone (803) 509-8532 Fax (803) 509-8533

Kievers L. Cunningham, MD Medical Director

Golytely, Nulytely, GaviLyte, Trilyte or Colyte (polyethylene glycol 3350 and electrolytes) Bowel Preparation Instructions

TWO DAYS BEFORE PROCEDURE:

Follow a low-residue diet and drink plenty of clear liquids

See attached information on Low-Residue Diet / Acceptable Clear Liquids

THE DAY BEFORE YOUR PROCEDURE:

- Eat a light/low-residue breakfast with plenty of clear liquids

*****AFTER 12:00 pm (NOON) CLEAR LIQUIDS ONLY!! You CANNOT consume any SOLID FOOD until after the procedure!!!*******

- Remove the cap and fill the 4 liter container of powder with lukewarm drinking water to the 4-liter fill line
- Return the cap and shake vigorously several times to ensure that the ingredients are dissolved.
- Place the solution in the refrigerator until you are ready to start your bowel prep. ● Starting at 4:00pm, drink 8 ounces of the solution every 15-20 minutes until the entire contents are consumed or your bowels are clear. (A loose watery bowel movement should begin approximately one hour after you begin the bowel prep.)
- Keep the solution refrigerated. Do not freeze. Discard any unused portion after 48 hours.
- You can continue to consume **clear liquids ONLY until 4 hours prior to your procedure.** (Ex. if your appt is at 10:00am you cannot have anything to drink after 6:00 am, including water!)

SEE SPECIAL ATTENTION AND INSTRUCTIONS FOR INFORMATION ABOUT MEDICATION

SPECIAL ATTENTION AND INSTRUCTIONS:

If you are planning to receive **ANESTHESIA** for your procedure:

You **Must** have a driver AT LEAST 18 years of age, or pre-arranged Medicare/Logisticare/Medical Transportation Services.

Your driver must plan to stay at the facility or within the area while you have your procedure.

******If you do not have a driver or medical transportation to transport you to/from procedure, contact our facility ASAP for assistance arranging transportation or to discuss a Water Immersion Procedure.

DIALYSIS / KIDNEY PATIENTS: ➤ Contact facility immediately if on Dialysis, have been consulted/prepped for Dialysis, or have any other significant renal problems.

DIABETIC PATIENTS:

➤ DIABETIC MEDICATIONS:

Oral: Unless otherwise indicated by PCP - take oral diabetic medications as prescribed the *day before procedure* - **HOLD** oral diabetic medications *day of procedure*.

Insulin: Unless otherwise indicated by PCP – Only take HALF of normal insulin dose the *day before procedure* - **HOLD** insulin *day of procedure*.

BLOOD THINNERS: Please contact our office if you take any blood thinners - including, but not limited to: Plavix, Warfarin/Coumadin, Aspirin, Effient, Brilinta, or Xarelto.

PREDNISONE: Please contact our office if you are prescribed Prednisone for any reason.

OTHER MEDICATIONS:

Unless otherwise indicated by PCP, take the following medications as prescribed **AT LEAST 3 HOURS BEFORE YOUR PROCEDURE**, with a SMALL sip of water:

- Blood Pressure Medications
- Anxiety/Depression Medications
- Seizure Medications

ANY QUESTIONS?

Call Sandhills Endoscopy Center Phone: (803) 509-8532

RECOMMENDED FOOD ITEMS:

- White bread, refined pastas and cereals (cereals cannot have raisins, nuts, fruits, or berries), white rice, grits, oatmeal, pancakes, waffles and toast
- Limited servings of grilled cheese, mashed potatoes or french fries (no skin)
- Tender, ground, or well-cooked meat, fish, eggs, and poultry
- Milk and yogurt (max two cups)
- Cheese, butter, mayonnaise, vegetable oils, margarine
- Plain gravy
- Broth and strained soup, baby food, puree of any low-residue items listed
- Pulp-free, strained, clear juices

FOODS TO AVOID:

- Fruit, fruit skins, or seeds – or yogurt containing any of these (examples: strawberries, blackberries, blueberries, lemons, etc.)
- Tough meat, meat gristle
- Crunchy peanut butter
- Dried beans, peas, legumes
- Salsa, salad, vegetables
- Juices with pulp
- Heavily-spiced foods and dressings (examples: garlic, pepper, other seasonings, hot sauces, etc.)
- Popcorn, nuts, seeds

APPROVED CLEAR LIQUIDS

- Water
- GATORADE (or other sports drinks)-**NO RED, BLUE, ORANGE, OR PURPLE**
- Juice (apple juice or white grape juice are recommended)-**NO PULP**
- Lemonade
- Light Carbonated Beverages (seltzer water, sprite, sierra mist, 7up, or ginger ale are recommended)
- Plain gelatin/Jello (yellow or green jello recommended)-**NO RED, BLUE, ORANGE, OR PURPLE – NOTHING ADDED TO IT**
- Hot Tea or Coffee-**NO CREAM, LIQUID/POWDER CREAMERS, SUGAR OR OTHER SWEETENERS**
- Cold Tea-**NO SWEET TEA – NO ADDED SUGARS OR SWEETENERS**
- Clear Broth or Strained Soup-**NO NOODLES, VEGETABLES, RICE, MEAT, etc.**
- Hard, Dissolvable Candies (peppermints or lemon drops)
- Clear Popsicles-**NO RED, BLUE, ORANGE, OR PURPLE – NO MILK-BASED – NO ADDED FRUIT, SEEDS, NUTS, CANDIES, etc.**