

Peg 3350, Go-Lytely

PLEASE FOLLOW OUR INSTRUCTIONS TO PREPARE FOR YOUR PROCEDURE

3-2 Day Prior to Procedure

Start a low-fiber diet. **Avoid** seeds, nuts, corn, popcorn, raw fruits and raw vegetables. You should also stop taking fiber supplements and anti-diarrheal medication.

1 Day Before

Follow a clear liquid diet which means **avoiding** solid foods. **DO NOT** drink or eat anything red or purple. You **can** have: water, flavored water, apple juice, **white** Grape Juice, Lemonade (with no pulp), Ginger Ale, Soda, diet or regular, (**no** red or purple), Coffee (**no** milk or creamer), Tea, Gatorade (**no** red or purple), Chicken or Beef (broth or bouillon) Jell-O, Popsicles. **Please do not eat any solid foods, or drink any liquid with pulp or dairy products (this includes creamer in your coffee). Please avoid alcohol as this can dehydrate you.** This includes **BREAKFAST, LUNCH, AND DINNER!**

DO NOT DRINK ANYTHING 4 HOURS PRIOR TO YOUR PROCEDURE

Generic (Peg 3350, Go-Lytely)

Mix the prep on the morning before your procedure and refrigerate.

You will also need to purchase **(2) DULCOLAX laxatives** and take them both at **2pm** on the day before your procedure.

At 4pm, you will drink 8 oz. every 10-15 minutes of mixed solution until half of the container is empty.

At 10pm, on the day prior, you will drink the remaining half of the solution, again 8 oz every 10-15 minutes until the container is empty.

MEDICATIONS - Please contact your prescribing physician before interruptions of your medications

Please **stop** these medications **5 days** prior to the procedure: NSAIDS, Iron, Vitamins plus Iron, Plavix, Pradaxa, Xarelto. Please **stop** these medications **3 days** prior: Coumadin & Warfarin. Please **stop** taking these medications **2 days** prior: Eliquis & Aspirin. ***Diabetics**: **DO NOT** take your pills the morning of your procedure.

For Insulin, take half of your usual dose the day before, then none on the day of your procedure. **Check your blood sugar the morning of your procedure. If it is high, call our office so we can give individual instructions.**

***Dialysis Patients**: you **must** be dialyzed the day before your procedure. ***Heart Issues**: **IF YOU ARE BEING FOLLOWED BY A CARDIOLOGIST, HAVE HAD A RECENT HEART TEST, AND/OR ARE SCHEDULED TO HAVE ONE**

DONE, PLEASE LET OUR OFFICE KNOW AS ANESTHESIA REQUIRES THIS INFORMATION. *Asthmatics: Bring your current inhalers with you.

Take your medications for Blood Pressure, Heart, Anxiety, Seizure and Asthma/Lung the morning of your procedure with just enough water to get the medication down, less than 3 ounces.