CONSTIPATION GOLYTELY COLONOSCOPY PREP
BOWEL PREP INSTRUCTIONS

unio SPECIALTY CARE

Read this today. Some medicines must stop **7 days** before your procedure. Follow **THESE** steps. Do **NOT** follow the steps that come in the prep box.

CANCEL POLICY: Need to cancel or change your visit? Call us at least **5 business days** before (weekends do not count). If you miss your visit or cancel late, you will pay a **$300 fee**.

YOUR COLONOSCOPY SCHEDULE

DATE: ____/____/_____ **ARRIVAL TIME:** _____ **AM/PM** **PROCEDURE TIME:** _____ **AM/PM**

DOCTOR: ☐ **DR. KEN D. NGUYEN** ☐ **DR. TIM CHEN** ☐ **DR. DANA PAN**

☐ VALLEY DIGESTIVE HEALTH CENTER 488 E SANTA CLARA ST #102, ARCADIA, CA 91006
☐ USC ARCADIA HOSPITAL 300 W HUNTINGTON DR, ARCADIA, CA 91007
☐ GOOD SAMARITAN HOSPITAL 1245 WILSHIRE BLVD #200, LOS ANGELES, CA 90017

*Come at your **ARRIVAL TIME**. All the times in these steps count back from your **PROCEDURE TIME**.*

LAST DAY TO CANCEL OR CHANGE WITHOUT A FEE:

GET READY

- Pick up your **GoLytely** jug and **1 bottle (10 oz) of magnesium citrate** from the pharmacy. We will send the prescription to your pharmacy. Choose **lemon or lime** flavor (not cherry or grape). **Kidney disease?** Call us before you take magnesium citrate.
- **Plan your ride.** An adult family member or trusted friend must drive you home. You **cannot drive** after your procedure.

MEDICINES: WHEN TO STOP

- Find your medicine in the table. **Stop it on the day shown** (count back from your procedure day). If your medicine is **not** on this page, keep taking it.
- **Aspirin**: **Do NOT stop**, unless your doctor tells you to.
- **Blood thinners:** Ask the doctor who gives you your blood thinner before you stop it. If you have a **metal (mechanical) heart valve**, or had a **stroke** or **heart stent** in the last year, call us first. You need special steps.

STOP	MEDICINES	WHEN TO START AGAIN
7 DAYS before	BLOOD THINNER prasugrel (Effient)	**Blood thinners and iron:** your doctor or nurse will tell you after your procedure. **Diabetes and weight-loss medicines:** start again when you are eating normal food. ***Metformin:** if you have kidney disease or get X-ray dye (like in ERCP), wait 2 more days (48 hours) after the procedure.
	DIABETES / WEIGHT LOSS **Weekly shots:** semaglutide (Ozempic, Wegovy), dulaglutide (Trulicity), tirzepatide (Mounjaro, Zepbound)	
	WEIGHT LOSS phentermine (Adipex-P, Lomaira)	
5 DAYS before	BLOOD THINNER warfarin (Coumadin, Jantoven) · clopidogrel (Plavix) · ticagrelor (Brilinta)	
	IRON Iron pills: ferrous sulfate, fumarate, or gluconate (Feosol, Slow Fe, Ferro-Sequels, Fergon)	
4 DAYS before	BLOOD THINNER dabigatran (Pradaxa) — **if you have kidney disease**	
	DIABETES ertugliflozin (Steglatro)	
3 DAYS before	DIABETES canagliflozin (Invokana) · dapagliflozin (Farxiga) · empagliflozin (Jardiance)	
2 DAYS before	BLOOD THINNER rivaroxaban (Xarelto) · apixaban (Eliquis) · edoxaban (Savaysa) · dabigatran (Pradaxa) — if your kidneys are normal	
MORNING OF procedure (do NOT take)	DIABETES metformin* (Glucophage, Glumetza, Fortamet, Riomet) · glipizide (Glucotrol), glyburide (DiaBeta, Glynase), glimepiride (Amaryl) · semaglutide pill (Rybelsus, Wegovy pill) · sitagliptin (Januvia), linagliptin (Tradjenta)	

INSULIN — do NOT stop insulin on your own

INSULIN TYPE	DAY BEFORE (clear liquids day)	MORNING OF PROCEDURE
Long-acting: glargine (Lantus, Toujeo, Basaglar), detemir (Levemir), degludec (Tresiba)	Take **HALF (½)** your usual dose	Take **HALF (½)** your usual dose
Mixed & NPH: Humulin 70/30, Novolin 70/30, Novolog 70/30, Humalog 75/25, Humalog 50/50, NPH (Humulin N, Novolin N)	Take **HALF (½)** your usual dose	Take **HALF (½)** your usual dose
Mealtime (fast-acting): lispro (Humalog), aspart (Novolog), glulisine (Apidra), regular (Humulin R, Novolin R)	**Do NOT take** (you are not eating meals)	**Do NOT take**

- Check your blood sugar **at least 3 times** the day before, and again before you leave home.
- Bring juice or glucose tablets in case your sugar gets low.
- High sugar? Only take a small extra (correction) dose if your doctor told you how.

5 DAYS BEFORE YOUR COLONOSCOPY

- Start the **low-fiber diet**. Scan the code to see what you can eat.
- **OK to eat:** white bread, white rice, plain pasta, eggs, chicken, fish, tofu, milk, cheese, and plain yogurt.
- **Do NOT eat:** fruit, vegetables, nuts, seeds, beans, corn, popcorn, or whole grains.
- **Stop iron pills.**

Scan for Low Fiber Diet

STEP 1 — THE DAY BEFORE YOUR COLONOSCOPY

- **All day:** NO solid food. Drink **only clear liquids** (see the list below). Drink a lot so you do not get dry (dehydrated).
- **At 12 PM (noon):** Drink the **whole bottle (10 oz) of magnesium citrate**. Then drink at least **1 glass (8 oz) of water**. It is easier to drink cold.
- **At 6 PM:** Add water to the GoLytely jug up to the fill line (4 liters, about 1 gallon). Close it and shake until the powder is gone.
- Drink **1 glass (8 oz) every 10 minutes** until **HALF** the jug is gone (2 liters, about 8 glasses).
- Put the other half in the fridge for tomorrow.
- Do not drink other liquids while you drink the prep.
- **No pills** from 1 hour before you start each prep dose until you finish it.
- Stay near a bathroom. You will have lots of watery poop. This is normal.

CLEAR LIQUIDS — OK

- Water
- Gatorade, Pedialyte, or Powerade
- Clear broth or bouillon
- Black coffee or tea (no milk, no creamer)
- Soda, with or without bubbles
- Kool-Aid or other fruit-flavored drinks
- Clear juice with NO pulp (apple, white grape)
- Jell-O, popsicles, hard candy

NOT OK

- Anything **RED or PURPLE**
- Alcohol
- Milk or creamer (also non-dairy)
- Soup with noodles or vegetables
- Juice with pulp (like orange juice)
- Any drink you **cannot see through**
- Solid food

STEP 2 — THE DAY OF YOUR COLONOSCOPY

- **6 HOURS before your PROCEDURE TIME:** Drink the **other half** of the GoLytely (2 liters): **1 glass (8 oz) every 10 minutes** until the jug is empty.
- Drink **ALL** of the prep, even if your poop is already clear.
- You must finish everything **at least 2 hours before** your procedure time.

YOUR OTHER MORNING MEDICINES: Before you leave home, take **ALL** your other morning medicines that are **not** on the stop list (page 1) — **including blood pressure medicines** — with a **small sip of water**. Take them **after** you finish the prep. **Diabetes:** do NOT take diabetes pills this morning. For insulin, follow the **INSULIN** table.

- **2 HOURS before your PROCEDURE TIME:** STOP drinking everything — no water, no clear liquids, no candy or gum. (Only a small sip of water for your pills.)
- Bring your **driver** and a **list of all your medicines**.

AFTER YOUR COLONOSCOPY

- **Results:** If we take a biopsy (a tiny piece of tissue), results take 7–10 business days. Your doctor will call you or send a letter.
- **Blood thinners:** your doctor or nurse will tell you when to start again.
- **Diabetes medicines:** start again when you are eating normal food.
- **No driving** for the rest of the day. You got sleep medicine (sedation).
- Mild belly pain, bloating, or gas is normal. It comes from the air we used. It will go away.
- **Call us right away** at 626-898-4560 if you have **bad belly pain, fever, or blood in your poop**. In an emergency, call 911.

I received and understand these instructions and the Cancellation/No Show policy ($300 fee). I understand that I must cancel at least 5 business days before my appointment.

Patient name (please print): _____

X _____ **Date:** _____

Patient signature