



DIGESTIVE HEALTH ASSOCIATES

Stuart B. Saslow, MD

Your Procedure will be performed at:
SOUTHWEST ENDOSCOPY CENTER
2 Burnett Court, Suite 200
Durango, CO 81301 (970-259-9369)

Extended GoLyteLy Instructions

Your shopping list: Pick up the below items at least 4 days prior to your procedure.

- ONE -10oz bottle of Magnesium Citrate
OR
ONE bottle of Milk of Magnesia
- GoLyteLy script, which will include 2 Dulcolax (bisacodyl) tablets. You will pick this up from the pharmacy we have on file.

Starting five days prior to procedure: you will need to avoid foods with seeds and fibrous skin (ie: corn, lettuce, cucumber, most fruit.) If you can peel the skin off or remove the seeds, then you may continue to eat those foods. See Low Fiber Diet List

Two days prior to your procedure: eat light meals until 6pm (avoiding above- mentioned foods) It is highly recommended to avoid big meals.

6pm- start clear liquid diet, no more food until after you procedure (see attached list)

7pm- Take the **entire** bottle of magnesium citrate (10oz) or **30ml** of Milk of Magnesia.

Day before your procedure:

- You must be on a clear liquid diet ALL Day
- In the morning mix prep solution with water and place in refrigerator

6pm- start drinking one half of the prep solution. Should take no more than 2 hours to complete

8pm- Take 5mg Dulcolax (bisacodyl) tablets

- Continue to drink clear liquids after you've completed the preparation.



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On the day of your procedure:

- **FOUR hours prior to your arrival time-** Begin drinking the second half of your prep solution. If you must drive greater than an Hour to our facility start your prep FIVE hours prior to your arrival time.
- Complete the entire second half of prep solution even if your stool is clear, yellow.
- If you chew tobacco, you may not chew for SIX hours prior to your arrival time.
- Absolutely **NOTHING** by mouth for **TWO** hours prior to arrival- no water, gum, mints, hard candies. This is for your safety because you will be sedated for the exam. Failure to comply will result in a delay or possible cancellation of your procedure.
- Please take any necessary medications before this time.
- You should plan to be here for two hours from check in to check out, and you must have a **RIDE HOME** afterwards. **NO Taxi, Uber, or public transportation can be used.**

Tips and Tricks for completing the preparation

- You may find it easier to drink the solution if you use a straw with the end at the back of your throat (to bypass the taste buds).
- Each time you drink some of the solution, you may also drink some water or clear fluids (like apple juice) to help get rid of any unpleasant taste in your mouth.
- Lime or lemon juice can neutralize the flavor of the prep- you may suck on a lime or lemon- or put a drop or two on your tongue between glasses of preparation.
- You may find it easier to drink the solution if you chill it in the refrigerator first.

Please call (970) 259-9369 with questions.



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Clear Liquid Diet

Allowed to drink:

- Water
- Tea (no cream or milk)
- Black coffee (no cream or milk)
- Flavored water without red or purple dye
- Clear, light-colored juices such as apple, white grape, white cranberry
- Clear broth
- Sodas
- Sports drinks like Gatorade or Powerade (no red or purple dyes)
- Popsicles without fruit or cream, no red or purple dyes
- Jell-O or other gelatin without fruit; no red or purple dyes

Not allowed to drink:

- Alcoholic beverages
- Milk
- Smoothies
- Milkshakes
- Cream
- Orange juice
- Grapefruit juice
- Tomato juice
- Protein drinks
- Soup (other than clear broth)
- Cooked cereal
- Any kind of juice, popsicles, and gelatins with red or purple dyes