

Golytely (PEG) PREPARATION

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15205 Cortez Blvd. Brooksville, FL. 34613

Procedure date _____	Arrival time _____	Doctor's office phone (352) 597-7744 Option #2
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1. Taking Your Prep (Split Dose)

Dose 1 — The Day Before _____

- Mix the powder with lukewarm water to the fill line and shake well. Starting at **2 PM** drink one 8 oz glass every 10–15 minutes until you finish half the jug (about 2 liters).
- You can chill it and sip through a straw to help with the taste.

Dose 2 — The Morning Of

Wake up at _____ **AM** (6 hours before your procedure).

- Drink the rest of the jug (about 2 liters) — one glass every 10–15 minutes.

STOP ALL LIQUIDS AT LEAST 3 HOURS BEFORE PROCEDURE

Helpful Tips

- **Do NOT** follow instructions that come with the product
- You're done prepping once your stool is clear or light yellow.
- Feeling nauseated? Pause for a bit, then keep going.

2. Blood Thinners

Do not stop any blood thinner on your own. Your Doctor's office will provide instruction on what to do.

3. GLP-1 Medications (Weight Loss / Diabetes Injections)

STOP ONE DOSE BEFORE THE PROCEDURE: semaglutide (Ozempic, Wegovy, Rybelsus), tirzepatide (Mounjaro, Zepbound), dulaglutide (Trulicity), liraglutide (Victoza, Saxenda), exenatide (Byetta, Bydureon).

These medications slow stomach emptying, which can affect your prep and raise the risk of food remaining in your stomach during sedation.

4. Other Medications

- Diabetes pills (metformin, glipizide, etc.): Stop the medication the day before and the day of the procedure
- Insulin: take 1/3 of your insulin the day prior and NO insulin the morning of the procedure.
- DO NOT STOP: blood pressure, heart, anxiety, seizure, or thyroid medications.
- Iron supplements: stop 5–7 days before — iron can make it harder to see inside your colon.

When to Call Your Doctor's Office

Call if:

- You can't keep the prep down or are vomiting repeatedly
- You have severe belly pain or bloating
- You're unsure about stopping/continuing any medication
- Your stool hasn't become clear or light yellow after finishing the prep
- You have any other questions or concerns