Dr. Vijaya Dasari, MD

North Texas Gastroenterology

Colonoscopy & Standard GoLYTELY® Prep Instructions

Procedure Date:	Procedure Time:	Arrival Time:
_____	_____	_____

■ TAKE ABSOLUTELY NOTHING BY MOUTH WITHIN 3 HOURS OF YOUR PROCEDURE
This includes clear liquids, water, candy, and chewing gum. Ingesting anything during this 3-hour window will result in the immediate cancellation or delay of your exam.

PRACTICE LOCATIONS

OFFICE CLINICS	PROCEDURE SURGICAL CENTERS
Denton Office: 2701 Shoreline Dr, Suite 101 Denton, TX 76210 **Lewisville Office:** 560 W Main St, Suite 106 Lewisville, TX 75057	**Medical City Surgery Center Denton:** 3316 Colorado Blvd Denton, TX 76210 **Texas Health Presbyterian Hospital Flower Mound:** 4400 Long Prairie Rd Flower Mound, TX 75028

IMPORTANT PATIENT REQUIREMENTS

• **Responsible Adult Driver Required:** You must have a responsible adult to drive you home after the procedure. **Taxis, Ubers, buses, medical ride services, or walking alone are strictly prohibited** unless a responsible adult actively accompanies you.
• **Biopsies / Pathology:** If any tissue samples or biopsies are gathered during the exam, findings take 10 to 14 days. Please schedule a follow-up appointment 3 weeks post-procedure to go over laboratory reports.

MEDICATION & DIET TIMELINE

TIMELINE	INSTRUCTIONS & REQUIREMENTS
7 Days Before	• **Diet Restriction:** Stop eating all seeds, nuts, popcorn, tomatoes, corn, berries, raisins, or granola with dried fruit. • **Pharmacy Pick-up:** Pick up your prescription for the 4-liter bottle of GoLYTELY® or GaviLyte-G™. • **GLP-1 Agonist Hold:** Stop weekly dosed GLP-1 agonists (Ozempic®, Wegovy®, Mounjaro®, Zepbound®, Trulicity®) and Phentermine for a full 7 days before the procedure. • **Blood Thinners:** If you take prescription blood thinners (Eliquis®, Plavix®, Warfarin, Xarelto®), ensure our office or your prescriber gave you direct holding instructions. Continue low-dose Aspirin as usual. • **Iron & Fiber:** Discontinue all regular iron and fiber supplements.
Day Before **Before 11:00 AM**	• **Light Breakfast Only:** You may eat **one** light breakfast from this list: a boiled/poached egg, white bread/toast (no butter), applesauce, plain yogurt (no fruit/granola), skinless chicken/turkey/fish, cottage cheese, or plain tofu. • **Prepare the Jug:** If adding a flavor packet, pour it into the 4-liter bottle, add lukewarm water to the gallon mark, shake thoroughly, and **place in the refrigerator**. It is much easier to tolerate cold.
Day Before **After 11:00 AM**	• **Strict Clear Liquid Diet: NO MORE SOLID FOODS** until after your procedure. Drink clear fluids constantly to stay fully hydrated. • **Medication Restrictions:** Do not take anti-diarrheal medications (Imodium®, Lomotil®, Colestid®, or Questran).
Day of Procedure	• **Diabetes Medication:** Take half (1/2) of your usual morning insulin dose. Bring the remaining half and your oral diabetic pills with you. Do not take daily oral diabetic pills or daily GLP-1 agonists (Rybelsus®, Saxenda®, Victoza®) on the morning of the exam. • **Home Medications:** Take all other critical regular home medications with small sips of water at least 3 hours prior to your arrival time.

4-LITER GOLYTELY® / GAVILYTE-G™ SPLITTING SCHEDULE

Follow the specific block below corresponding to your scheduled procedure time:

OPTION A: For Procedures Scheduled BEFORE 10:00 AM
At 1:00 PM (Day Before): Begin drinking the GoLYTELY® or GaviLyte-G™ solution. Drink **one 8-ounce glass every 15 to 30 minutes** continuously until the entire 4-liter bottle is completely empty. • Continue to drink approved clear fluids until 3 hours prior to your check-in time.
OPTION B: For Procedures Scheduled AFTER 10:00 AM
At 6:00 PM (Day Before): Begin drinking the GoLYTELY® mixture. Drink **one 8-ounce glass every 15 to 30 minutes** until you have finished exactly **half** of the jug (2 liters). Refrigerate the remaining half. **4 to 5 Hours Prior to Procedure (Day of Exam):** Wake up and drink the remaining half of the liquid, consuming an 8-ounce glass every 15 to 30 minutes until completely finished.

CLEAR LIQUID DIET PARAMETERS

ALLOWED CLEAR LIQUIDS (NO RED, PURPLE, OR BLUE DYES)	STRICTLY FORBIDDEN FOODS & DRINKS
• Water, clear fruit juices (apple, white grape) • Gatorade® / Powerade® (highly recommended) • Black coffee or tea (Sugar is fine; **No cream/milk**) • Clear broth or bouillon (chicken, beef, or vegetable) • Jell-O®, Popsicles, or Italian ice (No red/purple/blue) • Soft drinks, Kool-Aid®, coconut water (not coconut milk)	• **NO Dairy or Substitutes:** milk, cream, yogurt, butter • **NO Solids:** meat, vegetables, fruits, starches • **NO Grains:** bread, oatmeal, cream of wheat • **NO Pulp:** orange, tomato, grapefruit, or prune juice • **NO Alcohol:** beer, wine, or liquor products • **NO Red, Purple, or Blue food dyes**

PREPARATION TIPS & CLINICAL GOALS

• **Nausea Relief:** If you begin to feel sick or nauseous while drinking the prep fluid, pause drinking for 15 to 30 minutes until your stomach settles, then resume at a slower pace. Drinking through a straw or chilling the solution can significantly help.
• **The Clinical Prep Goal:** Your bowel movements are successful when they turn into a completely clear, see-through, yellowish liquid. If your stool outputs are still solid or dark brown 2 hours before your check-in time, please call our clinical office immediately.
• **Comfort:** Use pre-moistened or flushable wipes instead of dry toilet paper, and apply a thin layer of Vaseline to protect against soreness.

This is for informational purposes only. For medical advice or diagnosis, consult a professional. AI responses may include mistakes.