



**DR HOUGHTON INSTRUCTIONS  
PEG 3350/GOLYTELY/NULYTELY  
SPLIT DOSING**

Have you had a heart attack within the last year?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Do you have any heart or blood vessel (vascular) stents?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Have you had any blood clots within the last year?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Have you recently had a medical procedures done?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Are you on any blood thinning medications such as Plavix (Clopidogrel), Coumadin (Warfarin), Lovenox (Enoxaparin), Eliquis or Pradaxa?	<input type="checkbox"/> Yes	<input type="checkbox"/> No

**7 DAYS BEFORE THE PROCEDURE**

- **STOP** taking iron containing products, such as a multivitamin with iron.
- **STOP** eating foods with seeds or nuts, popcorn, etc.

**5 DAYS BEFORE THE PROCEDURE**

- **STOP** taking herbal supplements, such as ginger/garlic pills, ginseng, ginkgo, etc.
- **STOP** taking any non-steroidal, anti-inflammatory medication such as Ibuprofen, Motrin, Advil, Naproxen, Aleve, etc. You may continue to take Tylenol.
- Please check with the prescribing physician if on any blood thinners.
- If you are unsure about the medications you are taking, please call your prescribing Doctor's office for clarification.

**1 DAY BEFORE THE PROCEDURE**

- **STOP ALL SOLID FOODS.** You may have only clear liquids starting when you get out of bed in the morning. Please see clear liquid guidelines.
- **6:00PM: FOLLOW THE SPLIT DOSE DIRECTIONS (SEE NEXT PAGE)**  
This solution will cause diarrhea. Your stool should continue to become lighter until it is yellow/clear in color. If you do vomit, try slowing your consumption rate. If your vomiting is excessive or you feel you may need to cancel your procedure, please contact our office immediately for further instructions.

**THE DAY OF THE PROCEDURE**

- The clear liquid diet may be continued until the second dose of your prep is started. Then, **nothing by mouth** until after your procedure.
- Only blood pressure and heart medications may be taken the morning of the procedure with the smallest amount of water possible. Hold other medications, unless specified by your Doctor.

**2841 Debarr Road  
Building A, Suite 50  
Anchorage, AK 99508  
Phone: (907) 276-2811**



## **SPLIT DOSE INSTRUCTIONS**

### **Using Golytely (4) Liter Bottle (1 gallon):**

- Carefully read and follow all directions to mix this product.
- Crystal Lite lemonade powder may be added to the solution to improve the taste.
- Separate solution into 2 equal amounts (2 liters each) for split dosing.
- Place containers with the solution in the refrigerator ... chilling will improve the taste.

### **DOSE 1 – BEGIN DRINKING AT 6:00PM THE NIGHT BEFORE THE PROCEDURE**

- Drink 1 (8oz) glass every 10 – 15 minutes.
- You may choose to drink the solution rapidly, or sip slowly with a straw.
- Drink the entire amount. (2 liters)

### **DOSE 2 – BEGIN DRINKING 5 HOURS PRIOR TO THE PROCEDURE**

- Continue to drink 1 (8oz) glass every 10 – 15 minutes.
- Drink the entire amount. (2 liters)
- The entire solution must be finished within 2 hours giving you a 3 hour buffer before your procedure start time.
- Your stool should be yellow/clear in color.
- Once complete, nothing to eat or drink until after your procedure is finished.

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*Updated 12/23/2019*



## **CLEAR LIQUID GUIDELINES**

### **START LIQUID DIET 1 DAY BEFORE YOUR PROCEDURE**

BLACK COFFEE, HOT OR ICED TEA

(NO ESPRESSO, CREAM OR DAIRY)

7-UP, SPRITE, GINGER ALE

APPLE JUICE OR WHITE GRAPE JUICE

CHICKEN OR BEEF BROTH – NO CREAM OR DAIRY SOUPS

JELLO – LEMON OR LIME ONLY

POPSICLES – LEMON OR LIME ONLY

GATORADE – LEMON OR LIME OR CLEAR ONLY

WATER

**ANYTHING YOU CAN SEE THROUGH SHOULD BE OKAY, AS LONG AS IT HAS NO PARTICLES. IF YOU ARE UNSURE OF SOMETHING, PLEASE FOLLOW THE ABOVE GUIDELINES OR CALL OUT OFFICE WITH QUESTIONS. MONDAY-FRIDAY 8AM-5PM (907) 276-2811**

**NO SOLID FOOD. NO DAIRY. NO ALCOHOL. NOTHING BLUE, PURPLE, RED OR ORANGE COLORED.**

**\*You are required to arrange a driver for your procedure. You should not work, drive or make any major decisions for up to 12 hrs after your procedure. For your safety, you cannot be released to a taxicab. To avoid cancellation, please ensure you have a reliable driver arranged prior to your procedure date.\***

**FAILURE TO FOLLOW THESE INSTRUCTIONS COULD RESULT IN CANCELLATION OF YOUR PROCEDURE AS WELL AS A \$250.00 FEE.**

**Thank you for affording us the opportunity to provide you with our healthcare services.**

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