



DR TOMPKINS GOLYTELY THREE DAY PREP

PLEASE PURCHASE OVER THE COUNTER

- Three 10oz bottle of Magnesium Citrate (only lemon, lime or clear flavors)

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 procedure 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 aspirin or aspirin containing products. Tylenol is okay if needed.
- **STOP** taking iron containing products, such as multivitamin with iron.
- **STOP** eating foods with seeds, nuts, popcorn, etc.
- **STOP** eating all green leafy vegetables (spinach, kale, cabbage, lettuce, etc.)

5 DAYS BEFORE THE PROCEDURE

- **STOP** taking any non-steroidal, anti-inflammatory medications, such as Ibuprofen, Motrin, Advil, Naproxen, Celebrex, etc. Tylenol is okay if needed.
- **STOP** taking herbal supplements, such as ginger/garlic pills, ginseng, etc.
- 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.

3 DAYS BEFORE THE PROCEDURE

- **STOP ALL SOLID FOOD.** You may only have clear liquids starting when you get out of bed in the morning. Please see clear liquid guidelines.
- **At 6:00pm drink one bottle of Magnesium Citrate** (This may cause diarrhea, mild abdominal cramping, nausea, and fullness.)

2 DAYS BEFORE THE PROCEDURE

- **CONTINUE CLEAR LIQUID DIET.** Please see clear liquid guidelines.
- **At 6:00pm drink the 2nd bottle of Magnesium Citrate** (This may cause diarrhea, mild abdominal cramping, nausea, and fullness.)

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.
- Mix the PEG 3350/Golytely/Nulytely according to the directions on the container and refrigerate.
- At 6:00pm begin drinking the PEG 3350/Golytely/Nulytely at a rate of 8-10 oz every 20 minutes. This will cause diarrhea. Your stool should continue to become lighter until it is yellow/clear in color. **YOU MUST DRINK THE ENTIRE JUG OF SOLUTION.**

Continue on your clear liquid diet until midnight.

ON THE DAY OF YOUR PROCEDURE

- **6 hours prior to your procedure drink the 3rd bottle of Magnesium citrate, and the 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

Updated 12/30/2019



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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