

## DR HAGHIGHI INSTRUCTIONS 2 DAY PEG GOLYTELY

*Your pharmacy should dispense 2 bottles of the prescription. Please call our office if you do not receive 2 bottles.*

Have you had a heart attack within the last year?  Yes  No

Do you have any heart or blood vessel (vascular) stents?  Yes  No

Have you had any blood clots within the last year?  Yes  No

Have you recently had a medical procedures done?  Yes  No Are you on any blood thinning medications such as Plavix (Clopidogrel), Coumadin (Warfarin), Lovenox (Enoxaparin), Eliquis or Pradaxa?  Yes  No

### 7 DAYS BEFORE THE PROCEDURE

STOP taking iron containing products, such as a multivitamin with iron. STOP eating foods with seeds or nuts, including popcorn, etc. STOP all GLP-1 agonist medication such as Ozempic, Rybelsus, Trulicity, Mounjaro, etc. If you take this medication for diabetes, please contact your managing provider for guidance on preventing hyperglycemia.

### 5 DAYS BEFORE THE PROCEDURE

STOP taking herbal supplements, such as ginger/garlic pills, ginseng, ginkgo, 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.

### 2 DAYS BEFORE THE PROCEDURE

Beginning when you wake up, you may have light meals up until 3pm. At 3pm STOP ALL SOLID FOODS. Please see clear liquid guidelines. At 5pm, drink **HALF** of the first jug of Golytely. Once you have consumed half the container, the remaining portion may be discarded. You may clear continue liquids.

### 1 DAY BEFORE THE PROCEDURE

**STOP ALL SOLID FOODS.** Continue on the clear liquid diet. Please see clear liquid guidelines. Mix the PEG 3350/Golytely/Nulytely according to the directions on the container and refrigerate. At 5:00pm begin drinking the PEG 3350/Golytely/Nulytely at a rate of 8oz every 10 - 15 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

If you are scheduled after 1pm you may continue clear liquids up until 6 hours before your procedure. 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.

## **CLEAR LIQUID GUIDELINES**

### **START LIQUID DIET 2 DAYS 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**