



**DR HOUGHTON CAPSULE INSTRUCTIONS  
PEG 3350/GOLYTELY/GAVILYTE/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
Are you on any diabetes or weight loss medications such as Dulaglutide (Trulicity), Exenatide (Byfureon or Byetta), Semaglutide (Ozempic), Liraglutide (Victoza, Saxenda), Lixisenatide (Adlyxin) or Semaglutide (Rybelsus)?	<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**, and generally avoid raw fruits/vegetables.
- **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.
- **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 until MIDNIGHT (only bowel preparation on day of procedure). 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**

- You may only consume your bowel preparation the day of the procedure, but you **must be completed by 4 hours** prior to procedure start time (**nothing by mouth** until after your procedure)
- Please take your necessary, regularly prescribed medications the morning of the procedure with the smallest amount of water possible (including but not limited to blood pressure or heart medications, anti-seizure medications, acid reflux medications, thyroid medications, etc). Hold other unnecessary medications/herbal supplements, unless specified by your Doctor, and please ask if you are unsure which medications should be held.

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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 may improve the taste. Drinking with a straw may also be helpful.

### **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 6 HOURS PRIOR TO THE PROCEDURE**

#### **(and complete by 4 hours prior to 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 4 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.
- If at any point in this process you become worried about an adequate cleanout, you can obtain over the counter Miralax (238 or 255 gram bottle) and mix the entire bottle in a 32 or 64 oz bottle of Gatorade (lemon, lime, or clear flavors) and drink that in addition to your prescribed bowel preparation).



## **CLEAR LIQUID GUIDELINES**

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

BLACK COFFEE, HOT OR ICED TEA (NO 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/escort 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.**