



Golytely (PEG) PREPARATION

Azzam Muftah, MD. Rami Abboud, MD. Abdullah Muftah, MD

15205 Cortez Blvd. Brooksville, FL. 34613

Procedure date _____	Arrival time _____	Doctor's office phone (352) 597-7744 Option #2
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We will send the prescription to your pharmacy and they will call when it is ready

1. Taking Your Prep (Split Dose)

Dose 1 — The Day Before _____

- Mix the powder with lukewarm water to the fill line and shake well.

Starting at **2 PM** drink one 8 oz glass every 10–15 minutes until you finish half the jug (about 2 liters).

- You can chill it and sip through a straw to help with the taste.
- Dulcolax: take 2 tablets at 10 AM and 2 tablets at 12 PM

Dose 2 — The Morning Of

Wake up at _____ **AM** (6 hours before your procedure).

- Drink the rest of the jug (about 2 liters) — one glass every 10–15 minutes.

Stop all liquids at _____ **AM** (3 hours before your procedure, as your doctor directs).

Helpful Tips

- **Do NOT** follow instructions that come with the product
- You're done prepping once your stool is clear or light yellow.
- Feeling nauseated? Pause for a bit, then keep going.

2. Blood Thinners

Do not stop any blood thinner on your own.

These are general guidelines only — your doctor will tell you exactly what to do for your situation.

Medication	What To Do
Aspirin (81 or 325 mg)	Heart, stent, or stroke prevention: keep taking it.
Clopidogrel (Plavix)	STOP 5 days before • Stent in last 12 months: don't stop without your cardiologist.
Prasugrel (Effient)	Stop 7 days before. • Recent stent: don't stop without your cardiologist's approval.
Ticagrelor (Brilinta)	Stop 5 days before. • Recent stent: don't stop without your cardiologist's approval.
Warfarin (Coumadin)	Diagnostic/biopsy only: may continue. • Polyp removal expected: stop 5 days before (INR may be checked the day before). • Resume evening of/day after unless told otherwise; bridging usually not needed.
Apixaban (Eliquis)	Stop 2 day before the procedure

Rivaroxaban (Xarelto)	Stop 2 days before
Dabigatran (Pradaxa)	Stop 2 days before the procedure
Enoxaparin (Lovenox) injections	Stop 24 hours before (skip dose the day before). • Resume the day after unless told otherwise.

3. GLP-1 Medications (Weight Loss / Diabetes Injections)

STOP ONE DOSE BEFORE THE PROCEDURE: semaglutide (Ozempic, Wegovy, Rybelsus), tirzepatide (Mounjaro, Zepbound), dulaglutide (Trulicity), liraglutide (Victoza, Saxenda), exenatide (Byetta, Bydureon).

These medications slow stomach emptying, which can affect your prep and raise the risk of food remaining in your stomach during sedation.

4. Other Medications

- Diabetes pills (metformin, glipizide, etc.): Stop the medication the day before and the day of the procedure
- Insulin: take 1/3 of your insulin the day prior and NO insulin the morning of the procedure.
- DO NOT STOP: blood pressure, heart, anxiety, seizure, or thyroid medications.
- Iron supplements: stop 5–7 days before — iron can make it harder to see inside your colon.

When to Call Your Doctor's Office

Call if:

- You can't keep the prep down or are vomiting repeatedly • You have severe belly pain or bloating • You're unsure about stopping/continuing any medication
- Your stool hasn't become clear or light yellow after finishing the prep • You have any other questions or concerns

Questions about your prep? Call our office at (352) 597-7744.