



**PATIENT
EDUCATION**

Bowel Preparation Instructions: Stool Transplant Upper Dulcolax/Golytely

It is very important to follow all the instructions to prepare for your stool transplant. Your colon must be empty, so the provider can see during the stool transplant. Many patients feel that the bowel preparation is the hardest part of the stool transplant.

Preparing for the stool transplant

- The day before your stool transplant, you will need to start preparing your colon.
- Do not eat any solid foods the entire day before.
- You will be using a Golytely bowel preparation to clean out your colon.
- Please follow all instructions carefully. If you do not follow the directions properly, then your stool transplant may be canceled.

Items to buy

- To get ready for your stool transplant, you will need to buy items for the bowel preparation.
- **Prescription required:**
 - Check with your pharmacy and fill your prescription for Golytely.
- **No prescription needed:**
 - Packets of Crystal Light to help the prep taste better (no red or purple). (Optional)

Medication information

Some of the medicines you take may need to be stopped or adjusted temporarily before your stool transplant.

- **Blood thinners**
 - such as Coumadin (warfarin), Ticlid (ticlopidine hydrochloride), Agrylin (anagrelide), Xarelto (Rivaroxaban), Pradaxa (Dabigatran), Pletal (Cilostazol), Brillinta (Ticagrelor), Eliquis (Apixaban), Effient (Prasugrel), and Plavix (Clopidogrel).
 - You must speak with your prescribing provider or the specialist at least 2 weeks before the scheduled stool transplant. Do not stop these medications without the consent of your provider.
- **Insulin and diabetes medications**
 - Please call the provider that monitors your glucose levels. Your medications may need to be adjusted due to the diet restrictions required for a stool transplant. Do not stop these medications without the consent of your provider.
- **Aspirin**
 - You may take your Aspirin as prescribed with a sip of water.

Five (5) days before your stool transplant

- Do not take medications that will stop diarrhea.
 - Examples: Imodium or Pepto-Bismol.
- Do not take fiber medications or supplements.
 - Examples: Metamucil or Citrucel.
- Do not take any vitamins or supplements.
 - Example: Multi-vitamins or fish oil.

Three (3) days before your stool transplant

- Begin a low fiber diet. A low fiber diet helps make the cleanout more effective.
- Low fiber examples include:
 - White bread, white rice, pasta, crackers, fish, chicken, eggs, ground beef, creamy peanut butter, cooked/boiled vegetables, canned fruit, bananas, melons, milk, plain yogurt, cheese, salad dressing, and other condiments.
- Do not eat high-fiber foods such as:
 - Popcorn, seeds (flax seeds, sunflower, and quinoa), multigrain breads or pasta, nuts, granola, salads, raw vegetables, or fresh and dried fruits. Limit the amount of meats.

Two (2) days before your stool transplant

- Increase your water intake.
- Continue a low fiber diet.

Morning / afternoon check-in

(6:30 a.m. to 3:45 p.m.)

One (1) day before your stool transplant

- Start your clear liquid diet.
- Only drink clear liquids the entire day before your stool transplant.
- A clear liquid diet includes:
 - Water, black coffee, or tea (no milk or cream), clear broth or bouillon, Gatorade, carbonated or non-carbonated soft drinks (Coke, Sprite), strained fruit juices without pulp (apple, white grape, white cranberry), Jell-O, and popsicles. **Remember, NO RED OR PURPLE LIQUIDS.**
- Do not eat any solid foods.
- At 9 a.m., mix the entire container of Golytely and shake well. Place Golytely in the refrigerator.
- If you would prefer to drink the prep at room temperature, you may take it out of the fridge at 1 p.m.
- At 4 p.m., start drinking your Golytely prep mixture. Drink an eight-ounce glass every 15 minutes until you have finished two liters (half of the container). It will take you two to three hours to finish drinking it.
- Drink an eight-ounce glass every 15 minutes until you have finished two liters or half of the prep mixture. It will take you two to three hours to finish drinking it.
- You may add a crystal light packet to each glass to improve the taste of the prep.
- Some people may feel nauseous, bloated, or vomit. If this happens, take a 15-30-minute break, and then try drinking the prep mixture.
- You will need to be near a bathroom once you start drinking your prep mixture. You will have diarrhea and will need to be able to reach a bathroom quickly.
- At 8 p.m., take the first dose of your PPI or acid-suppressing medication. Continue your normal routine if you currently take this medication already.
- Do not take the evening dose of **Vancomycin or antibiotics**. Unless instructed otherwise by your provider.
- After you finish the prep mixture, you may drink clear liquids only.
- Discard the remaining half of the preparation mixture.

The day of your stool transplant

- At 8 a.m., take the second dose of your PPI or acid-suppressing medication with a sip of water only. Continue your normal routine if you currently take this medication already.
- Remember not to take your **Vancomycin or antibiotics** today. Unless instructed otherwise by your provider.
- Your stool should be no longer formed, but a clear or yellow liquid.
- You may drink clear liquids until two hours before your check-in time.
- Avoid red or purple liquids, dairy products, protein shakes, alcoholic beverages, chewing tobacco, and illicit drugs. The use of these will result in your stool transplant being canceled.
- You may take your medications with a sip of water.
- Remember, do not eat any solid foods.
- Remember, not to take your **Vancomycin or antibiotics** in the morning. Unless instructed otherwise by your provider.
- You may want to allow extra time to travel to your appointment as you may need to stop and use a restroom along the way.

Notes / Other Instructions: