



Golytely Bowel Prep Colonoscopy Instructions

READ ALL INSTRUCTIONS UPON RECEIPT

(You must bring someone with you to drive you home safely, due to sedation)

Medications:

Five (5) days prior to procedure stop all:

- Vitamins
- Blood thinners – contact your prescribing doctor before stopping
- Iron pills
- Stool formers (Imodium, fiber supplements)

Foods to avoid:

Two (2) days prior to procedure avoid the following:

- Nuts
- Seeds
- Raw vegetables

You should continue your blood pressure medication, seizure medication, and aspirin unless instructed not to

Upon awakening, the day before your procedure, start a clear liquid diet (NO SOLID FOOD). Mix all the powder into the gallon of water and refrigerate.

Diet:

Nothing RED or PURPLE, No Milk/Milk Products and No Non-Dairy Creamer. Acceptable List of Clear Liquids:

- | | | |
|---------------------|-----------------------|-------------------------|
| - Water | - Apple juice | - Coffee(black) |
| - Gatorade™ | - Bouillon | - Hi-C™ or CrystalLite™ |
| - White grape juice | - Soft drinks – clear | - Popsicles |
| - Lemonade | - Tea | - Jell-O™ |

Prep:

At 5:00 PM, *the day before your appointment*, shake the mixture and begin drinking the 1st dose of Golytely Solution

- Drink half (1/2) of the gallon; drink a half cup of mixture every five (5) minutes until half of prep is gone
- Drink quickly rather than drinking small amounts continuously
- A watery bowel movement should begin in approximately one (1) hour
- After drinking your prep, you may continue drinking non-colored liquids (water, 7 up, Sprite, Ginger Ale)
- Continue clear liquid diet as above (NO SOLID FOOD)

Five (5) hours prior to arrival time, the day of the appointment, drink the 2nd dose of Golytely Solution

- Drink last half (1/2) of the gallon; drink a half cup of mixture every five (5) minutes until it is gone
- Drink quickly rather than drinking small amounts continuously
- It is very important you drink all of your prep to optimize the quality of your exam
- If you experience nausea or vomiting during your prep, stop for 15 minutes; then resume at a slower pace

(NOTHING ELSE AFTER THIS) DO NOT DRINK OR EAT ANYTHING ELSE (NO WATER/DO NOT CHEW GUM)

Not following all of these instructions will result in your procedure needing to be canceled and rescheduled