



## **Golytely Bowel Prep Instructions**

**\*\*\*Read All Instructions Upon Receipt\*\*\***

**Medications:** If you are taking a blood thinning medication, follow your doctor's instructions on holding or continuing this medication. Stop all Stool Formers, Vitamins and Iron 5 days prior to your appointment. Take all other morning medication with a small sip of water at least 3 hours prior to your arrival time.

**Diabetics on Diabetic Medication:** If you are a diabetic, please see diabetic instructions.

**Foods:** 2 days prior to appointment stop eating the following foods – nuts, seeds and raw vegetables. The day before your appointment you should only eat/drink clear liquids, no milk or milk products and nothing red or purple.

**Upon awakening, the day before your procedure, start a clear liquid diet.** See attached list of sample liquid diet for Non Diabetics. Mix all the powder into the gallon of water and refrigerate.

### **Prep:**

***At 5:00 PM, the day before your appointment, shake the mixture and begin drinking the 1<sup>st</sup> 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 your arrival time, drink the second 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
- **You must stop drinking water at least 3 hours prior to your arrival time (take your morning medications 3 hours prior to arrival time). Do not chew gum or tobacco.**

**Transportation:** Bring someone with you that can safely drive you home. No Taxi's, Uber or Public Transportation allowed.

**Cancel or Reschedule:** Please let us know at least 3 business days, prior to your appointment, if you need to cancel or reschedule to avoid a late notice fee.

**Call 210-614-1234 if you have any questions**