



# GOLYTELY

## Bowel Prep Instructions

### READ ALL INSTRUCTIONS UPON RECEIPT

#### 5 DAYS PRIOR:

- If you have not received your GOLYTELY prep, please call your doctor's office.
  - If you are taking a blood thinning medication, follow your doctor's instructions on holding or continuing this medication.
  - Stop all stool formers (Metamucil, FiberCon, Citrucel), vitamins and iron, but continue your other medications.
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#### 2 DAYS PRIOR:

- Stop eating nuts, seeds, and raw vegetables.
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#### 1 DAY PRIOR:

- Only consume clear liquids.
  - Do not eat solid food until after your procedure.
  - No milk or milk products, no soy or non-dairy creamer, no juice pulp, no alcohol, and nothing red or purple in color.
  - Mix by adding water into the gallon container with powder in it, shake to mix and refrigerate.
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#### EVENING PRIOR TO COLONOSCOPY AT 5 PM:

- 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.
  - After drinking (1/2) gallon 5pm dose – Place remaining (1/2) gallon of Golytely mixture back in fridge.
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#### DAY OF COLONOSCOPY: 5 HOURS PRIOR TO YOUR PROCEDURE ARRIVAL TIME:

- 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.



# **GOLYTELY**

## **Bowel Prep Instructions**

### **3 HOURS PRIOR TO YOUR PROCEDURE ARRIVAL TIME:**

- Take all other morning medication with a small sip of water at least 3 hours prior.
  - Do not chew gum or tobacco.
  - You must stop drinking water.
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### **TRANSPORTATION:**

- Bring someone with you that can safely drive you home. No taxi's, ride shares or public transportation, unless you are accompanied by a family member or friend.
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### **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.
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### **NO CHEWING TOBACCO OR SMOKING (CIGARETTE, CIGAR, PIPE, MARIJUANA, VAPOR):**

- Please do not smoke or chew tobacco on the date of the procedure, until after your procedure. Nicotine Patch OK.

**CALL 210-614-1234 IF YOU HAVE ANY QUESTIONS**