

Colonoscopy Preparation Instructions Using Golytely Bowel Preparation The Day Before Your Procedure:

Begin a clear liquid diet. This includes breakfast, lunch and dinner. You may have as much clear liquids as you like, but please refer to your procedure instructions to find out when you need to stop eating and drinking. The “nothing-by-mouth” policy is in place to ensure that the procedure is completed as safely as possible.

Allowable items on the clear liquid diet: Only liquids you are able to see through:

- o Apple juice
- o White grape juice
- o Kool-Aid
- o Sports drinks- Gatorade, Powerade, etc.
- o Water
- o Tea (no cream, milk or non-dairy creamers)
- o Soda
- o Soups – clear broth or bouillon
- o Popsicles- except red
- o Hard candies- no red-colored, caramels or chocolate candies
- o Jell-o – no red jell-o or jell-o with fruit or cream additives

Prohibited items on the clear liquid diet:

- o Solid foods including nuts, fruits, seeds
- o Dairy products- ice cream, sherbet, pudding , yogurt or milk
- o Red- colored items - the coloring can be mistaken for blood during the procedure.
- o Alcohol

Pour all of the packets of the prescription bowel prep into the one-gallon container. Add enough tap water to fill to the line on the container. A well-rinsed gallon milk container works well if you are not provided with a container at the pharmacy. Refrigerate.

At 6 pm, begin drinking the prescription bowel preparation (Golytely). The goal is to drink an average-sized water glass or medium-sized paper coffee cup (8 ounces) every 15 minutes, approximately one quart per hour.

Drink half of the gallon (2 quarts) and continue to drink as many clear liquids as possible.

This medication is designed to cause diarrhea. The goal is to make your stool the consistency and color of urine.

Do not make plans for the evening as you will need to be near a restroom.

The medication can cause nausea and abdominal cramping.

The Day of Your Procedure:

Four (4) hours prior to your scheduled procedure time, FINISH the remaining portion of the Golytely at the same rate as before (approximately 8 ounces every 15 minutes).

It is important to drink ALL of the preparation even if your stool is clear. There may be more solid material in the upper portion of the colon that has yet to be flushed through. An inadequate preparation may mean a cancelled procedure.

Continue to drink as many clear liquids as possible.

Take your morning medications with a small sip of water. If you have diabetes, your medication may need to be adjusted. Please contact the doctor who manages your diabetes for instructions.

Do not have anything to eat or drink at least 2 hours prior to your scheduled exam.