

**1- DAY GoLYTELY BOWEL PREPARATION (DAY BEFORE/ AND DAY OF YOUR PROCEDURE)**

**-Golytely Kit (RX)**

**7 days prior to the procedure:**

1. **PLEASE DISCONTINUE** all blood thinning and anti-inflammatory medications. This includes, but not limited to, Coumadin, Plavix, Iron supplements, Multi-Vitamins (Vitamin E) and Fish oil. Also discontinue any NSAID's (nonsteroidal anti-inflammatory drugs) such as, but not limited to, aspirin, aspirin type products, Ibuprofen, Aleve, Advil, etc. **\*\*TYLENOL MAY BE TAKEN\*\***
2. If your doctor has prescribed any of the medications listed above, please consult with your doctor before discontinuing.
3. If you are diabetic, check with your primary care doctor regarding diet and medication instructions.

**3 days prior to the procedure:**

1. AVOID- Corn, Nuts, popcorn, foods with seeds, and large amounts of red meat.
2. Drink plenty of liquids to be well hydrated. This will be helpful for the tolerance of the colonoscopy prep.

**Day before the procedure:** SUN MON TUES WED THURS FRI

Do not drink alcohol- Do not eat any solid food. **ONLY consume clear liquids.**

**STEP 1- EARLY IN THE DAY**

1. Prepare solution according to package directions.
2. Mix to dissolve
3. Bowel prep tastes better if chilled, we suggest putting the mixed solution in the refrigerator. Must be consumed within 24 hours.

**STEP 2- Beginning at 5:00 pm**

1. Start drinking the first 12 glasses of the prep. A good pace is an 8 oz glass every 15-20 minutes.
2. You may drink **ONLY** water after you have started the prep
3. You may rinse your mouth with water or mouthwash after drinking.
4. You can suck on hard candy or lollipops (no red or purple)

**STEP 3- Beginning at 10:00pm or 6-8 hours before your appointment**

1. Finish the remainder of the prep, drinking an 8 oz glass every 15-20 minutes. The split dosage is important because it results in optimal clearing of the colon.

**YOU MUST COMPLETE ALL OF THE PREP. YOUR RESULTS SHOULD BE LIGHT YELLOW OR CLEAR.**

You will most likely start having frequent liquid bowel movements within an hour of drinking GoLyteLy.

**Day of procedure:**

You will continue a clear liquid diet up until **FOUR HOURS** prior to your scheduled procedure time.

**\*\*NOTHING TO EAT OR DRINK AFTER:** \_\_\_\_\_ am/pm

Take your usual blood pressure and heart medication prior to fasting period. If you have asthma, please bring your inhalers with you.

Attached you will find a list of the clear liquids that are permitted while on this diet. Deviating from this diet will prevent adequate preparation of the colon for the exam and can result in needing to repeat the procedure at a later date.

You will need to be close to a bathroom. You will have progressively looser bowel movements over the next several hours. Individual responses to laxatives vary. This preparation will cause multiple bowel movements. Consider using **Vaseline, Aquaphor or diaper rash cream/ zinc oxide** around the anal opening before starting the prep and after each bowel movement to minimize irritation from passing many bowel movements.

**Make arrangements for a responsible adult or medical transport to drive you home after your colonoscopy. You may NOT use a bus, taxi, or a rideshare application such as an Uber, without a responsible adult 18+ to accompany you to your home. You are NOT to drive for the remainder of the day. Please expect to spend up to 3 hours (from check in time) at the facility.**

### **CLEAR LIQUID DIET**

#### **Beverages:**

Coffee (no cream)

Tea

7UP / Sprite/ Ginger Ale

Apple Juice/ White grape juice

Lemon-Lime Gatorade / Crystal Light

Lemonade

#### **Soups:**

Bouillon

Fat Free chicken broth

Clear broth

#### **Sweets & Desserts:**

Apple sauce

Honey

Sugar

Green/Yellow/ White Popsicles

Butterscotch Candy

Hard Candy (Green, Yellow, or Clear)

Jolly Ranchers (Green, Yellow, or Clear)

Jell-o (Plain, Lemon Lime, or Pineapple (No Chunks))

**NO SOLID FOODS - CLEAR LIQUIDS ONLY  
NO RED, PURPLE, OR BLUE DYES**