



Golytely Prep for COLONOSCOPY

Patient's Name _____ Date of Test _____
Time of Appt _____ Time to be at Endoscopy Center _____

YOU WILL NEED TO PURCHASE GOLYTELY PRESCRIPTION FOR THIS PREP

Day before Procedure:

1. DRINK ONLY CLEAR LIQUIDS FOR BREAKFAST, LUNCH & DINNER.
2. Choose one of the flavor packs and add it to the four-liter bottle. Shake well to adequately mix the flavor pack with the powder.
3. Add water to the fill line and shake well until powder is dissolved. Refrigerate until ready to drink.
4. Begin drinking the solution between 4:00 p.m. and 6:00 p.m. Drink an 8 ounce glass of the solution every 10 minutes. Keep drinking the solution every 10 minutes until the bottle is gone or bowel movements run clear.
5. YOU MUST DRINK A MINIMUM OF 3 LITERS OF THE SOLUTION.

Bowel movements should begin approximately one hour after the first glass of the solution. They will continue for several hours after you finish drinking the last glass. Feeling of bloating, abdominal fullness and nausea are common after the first glasses of the solution. This is temporary and should subside once bowel movements begin.

NO LIQUIDS AFTER 12:00 AM THE NIGHT BEFORE, UNTIL AFTER THE PROCEDURE.

Clear Liquids Allowed: Water, Gatorade, clear fruit juice, strained soups, bouillon, broth, plain jello, popsicles, sprite, or coke. Coffee and tea are allowed with sugar, hot or cold, but NO MILK OR CREAMER. No liquid with red dye.

Medications: The day BEFORE the procedure, take your medications as you normally do. The day OF the procedure, wait until AFTER the procedure. (If you take medication for blood pressure, please take it early as possible on the morning prior to procedure with a small amt of water.)

NO SOLID FOODS, MILK OR TOMATO PRODUCTS, OR ORANGE JUICE IS ALLOWED.
YOU WILL BE SEDATED AND WILL NOT BE ALLOWED TO DRIVE AFTER YOUR EXAM.
PLEASE BRING SOMEONE WITH YOU TO DRIVE AND THEY MUST STAY WITH YOU.
If you have any questions, please feel free to call our office (770) 442-5882.