

## Golytely Bowel Prep Instructions

### **One Day Before Colonoscopy:**

- **CLEAR LIQUIDS ONLY** - no solid food
  - Allowed
    - Clear Fat-Free Broth (any flavor)
    - Tea or Coffee (no creamer or dairy) - sugar/honey are ok
    - Clear juices - apple, white grape
    - Carbonated beverages - Coke, Pepsi, Ginger-Ale, 7UP, Sprite, Ice - flavored water
    - Gatorade or other sports drinks
    - Flavored gelatin (Jello)
    - Popsicles (without milk or fruit pieces)
    - Electrolyte Water - Propel, Smartwater, Fuji Water
    - Clear Ensure - NOT chocolate, strawberry, or vanilla
  - \*\*NOTHING THAT IS RED, BLUE, OR PURPLE\*\***
  - NOT Allowed
    - No dairy products (including oat and soy milk)
    - No alcohol
    - No juices with pulp (orange, pineapple, grapefruit)
    - No lemons or limes (including lemonade)

**It is important that you drink fluids and stay well hydrated prior to your colonoscopy.**

**\*\*You MUST remain on a clear liquid diet until after your colonoscopy\*\***

- **Medications:**
  - You must stop erectile dysfunction medications 24 hours prior - including Viagra and Cialis

### **Bowel Prep:**

- Follow these instructions - DO NOT FOLLOW INSTRUCTIONS ON THE BOX

### **Golytely Instructions:**

For your procedure you will take one half of the prep the afternoon before the procedure, and the other half the day of the procedure.

**OPTIONAL: Take one tablet of ondansetron 30 minutes prior to each dose of Golytely for nausea**

## **One Day Before Colonoscopy**

### **At 12 Noon:**

- Mix Golytely solution with lukewarm water to the fill mark (4 liters) on the jug. **Do not add any other ingredients or flavors.**
- Place cap securely on the jug. Shake the jug very well several times to make sure the ingredients are well dissolved.
- Begin drinking one 8 oz glass of the prep every 10-15 minutes until 1/2 of the container is gone. It is best to rapidly drink the whole glass rather than slowly sipping.

**Continue to drink a variety of clear liquids ALL DAY.**

## **Day of Colonoscopy**

**In the Morning: Count back 6 hours from the time you are to arrive** and finish drinking the last 1/2 of the container, ONE 8 oz glass every 10-15 minutes, until gone. Be sure to finish **ALL** of the solution.

Please drink additional clear liquids (water, black coffee - without milk or cream), apple juice, soda pop or club soda) until **4 hours of ARRIVAL time.**

### **Day of Procedure:**

- **Do NOT smoke, chew tobacco, chew gum, or have hard candies or mints**
- ONLY CLEAR LIQUIDS- no solid food
  - Water
  - Black coffee (no creamer or dairy products) - sugar/honey are ok
  - Apple juice
  - Clear soda - 7Up, Sprite, club soda

**\*\*NOTHING BY MOUTH 4 HOURS PRIOR TO ARRIVAL OR YOUR CASE WILL BE CANCELLED\*\***