

## Golytely Prep

- Colon cleansing is an important part of a colonoscopy. Following these steps will help to achieve a thorough cleansing. The checklist on the back of these instructions will help you follow all the needed steps.
- Notify the physician performing the test before you take the preparation, if you have kidney problems, heart disease, diabetes, or problems with bleeding or clotting.
- Notify your physician in advance if you take **Coumadin or Plavix**. These medications may have to be stopped 5 days before your test.

### 5 DAYS BEFORE THE COLONOSCOPY:

- **Stop** taking iron (including multivitamins) or Pepto Bismol.
- Avoid foods that contain seeds or nuts starting today and up to the procedure.
- Purchase the **GoLyte** preparation (by prescription) from the pharmacy.

### CHECKLIST for 5 DAYS BEFORE THE COLONOSCOPY

- Obtain the GoLyte laxative preparation from the pharmacy
- Stop taking any medications as instructed by your doctor

### 1 DAY BEFORE THE COLONOSCOPY:

- Have clear liquids only for breakfast, lunch and dinner. These include water, coffee, tea, milk, clear broth, juices without pulp (no orange juice), soda, Gatorade, jello or plain yogurt. Do not drink red colored liquids as this can interfere with the test.
- It is important to drink plenty of fluids so you do not become dehydrated. Beginning at 1 pm drink at least one glass of clear liquids (from the choices listed above) every hour.
- Start drinking the Golyte between **4 and 6 pm**. **Drink all 4 liters** (one gallon) of GoLyte. **This needs to be completed in 2-3 hours to be effective**. Drink approximately one 8 ounce glass every 10-15 minutes.
- Tips include chill the Golyte before drinking, adding a few drops of lemon or vanilla extract to the gallon may make it taste better, or try sucking on a lemon or lime wedge after each glass
- If you begin to feel sick to your stomach while taking the Golyte, take a short break until the feeling passes.
- Other clear liquids can be taken during the evening. Medicines should be taken on their regular schedule except the ones mentioned above. Nothing to eat or drink after midnight.

### **Checklist for 1 DAY BEFORE THE COLONOSCOPY**

- Clear liquids only for breakfast, lunch and dinner
- 1 pm: Drink at least one 8 ounce glass of clear liquids each hour.
- 4-6 pm: Drink the entire GoLytely laxative over a 2-3 hour period

### **DAY OF THE COLONOSCOPY:**

- Take your usual morning medications (except the ones mentioned above) with a small amount of water.  
**Nothing else by mouth until after the procedure.**
- Make sure to have someone to drive you home from the procedure. You will not be able to drive for 24 hours.
- Wear loose fitting, comfortable clothing

### **Checklist for DAY OF THE COLONOSCOPY**

- Take your regular medications, except those listed above or as instructed by your doctor
- Nothing to eat or drink

**You will be drowsy from the medication, and will NOT be able to drive yourself home. Please arrange to have someone drive you home.**

**No exceptions will be made.**

**Bring a photo I.D. and insurance card.**