

Preparation Instructions Colonoscopy-GoLytely

Below are some simple instructions to help you prepare for your colonoscopy:



You will need to pick up:

Please pick up your GoLytely prescription from the pharmacy of your choice at least two days prior to your procedure.

2 Days Prior to Procedure:

- Drink at least eight large glasses of water throughout the day. Try to avoid fibrous foods such as vegetables and fruits. **No solid foods after midnight.**

1 Day Prior to Procedure:

Begin clear liquid diet - Includes water, broth, coffee/tea (no milk/creamer) Gatorade, juices, soft drinks are okay. Avoid red colored fluids. Drink eight large glasses of water throughout the day.

- **12pm-** Begin drinking GoLytely and drink the entire gallon throughout the day.

Expect to experience frequent loose or watery stools for the next several hours. If you experience nausea or vomiting, take a 15 to 30 minute break, then continue drinking prep solution.

- **Day of Procedure-** You may drink clear liquids up to four hours before your scheduled **ARRIVAL** time. You may take your essential morning medications with a sip of water unless otherwise directed by your physician.
- Remember, the endoscopy nurse will call you before 5pm the day before your procedure to inform you of your arrival time.