

# Golytely Prep

Your colonoscopy is scheduled for \_\_\_\_\_ at \_\_\_\_\_.

You need to arrive ONE hour prior to your scheduled appointment.

## DAY BEFORE EXAM

1. You can only have a clear liquid diet. (Water, coffee, tea, broth, bullion, popsicles, Gatorade, Kool-Aid, soft drinks, plain Jell-O). No chicken noodle soup, ramen noodles
2. NO SOLID FOODS, MILK PRODUCTS, ALCOHOL
3. NO RED OR PURPLE FLUIDS (looks like blood during exam)
4. SPLIT DOSE PREP
  - a. Mix the Golytely and Chill. You can add crystal light mix or Kool-Aid for flavor (No red or purple mixes) or mix it with Gatorade.
  - \* — b. At 10 AM begin taking the chilled prep. Drink 8 ounces every 10-15 minutes until the container is half full.
  - c. Continue clear liquid diet as above
  - \* — d. At 6 PM begin drinking the other half of your prep. Drink 8 ounces every 10-15 minutes until the container is empty.
  - e. Take nothing by mouth after finishing the prep. You must not eat or drink anything 6 hrs before your test in order to get sedation.
5. EVENING PREP
  - a. Mix the Golytely and Chill. You can add crystal light mix or Kool-Aid for flavor (No red or purple mixes) or mix it with Gatorade
  - b. At \_\_\_\_\_ begin taking the chilled prep. Drink 8 ounces every 15-20 minutes until the container is empty.
  - c. Continue clear liquid diet as above.
  - d. Take nothing by mouth after midnight. You not eat or drink anything 6 hrs before your test in order to get sedation.
6. MEDICATIONS
  - a. Take your medications as directed.
  - b. Diabetics - make sure you understand how to take your diabetic medications per the staff instructions.
  - c. Blood thinners - no need to stop aspirin. If you are on other blood thinners (Plavix, Coumadin) make sure you understand when to stop these medications prior to your procedure.
  - d. Please bring a list of all current medications and allergies to your procedure.
7. ESCORT
  - a. You must have a responsible adult escort the day of your procedure. If you do not have an escort to take you home we will not do the procedure. If you arrive without an escort your procedure will be rescheduled.
8. Dress for comfort. Do not bring any valuables or jewelry