

REMINDER

Nothing to
drink 6 hours
prior to your
procedure
time.

GoLYTELY TWO DAY BOWEL PREPARATION (DAY BEFORE/ AND DAY OF YOUR PROCEDURE)

GoLYTELY Kit x two kits (RX)

7 days prior to the procedure:

1. **PLEASE DISCONTINUE** all blood thinning and anti-inflammatory medications. This includes, but not limited to, Coumadin, Plavix, Iron supplements, Multi-Vitamins (Vitamin E) and Fish oil. Also discontinue any NSAID's (nonsteroidal anti-inflammatory drugs) such as, but not limited to, aspirin, aspirin type products, Ibuprofen, Aleve, Advil, etc. ****TYLENOL MAY BE TAKEN****
2. If your doctor has prescribed any of the medications listed above, please consult with your doctor before discontinuing.
3. If you are diabetic, check with your primary care doctor regarding diet and medication instructions.

3 days prior to the procedure:

1. **AVOID-** Corn, Nuts, popcorn, foods with seeds, and large amounts of red meat.
2. Drink plenty of liquids to be well hydrated. This will be helpful for the tolerance of the colonoscopy prep.

2 days prior to the procedure: SUN MON TUES WED THURS FRI

Do not drink alcohol

1. You may have a **light breakfast** (no fried/greasy food/ no dairy) followed by strictly clear liquids.
2. **3:00 PM-** Mix and drink the first kit of GoLYTELY as the box states

Day before the procedure: SUN MON TUES WED THURS FRI

Do not drink alcohol

1. Do not eat any solid food. ONLY consume clear liquids.
2. **3:00 PM-** Mix and drink the second kit of GoLYTELY solution.

Day of procedure:

You will continue a clear liquid diet up until SIX HOURS prior to your scheduled procedure time.

****NOTHING TO EAT OR DRINK AFTER:** _____ am/pm

Take your usual blood pressure and heart medication prior to fasting period. If you have asthma, please bring your inhalers with you.

Attached you will find a list of the clear liquids that are permitted while on this diet. Deviating from this diet will prevent adequate preparation of the colon for the exam and can result in needing to repeat the procedure at a later date.

You will need to be close to a bathroom. You will have progressively looser bowel movements over the next several hours. Individual responses to laxatives vary. This preparation will cause multiple bowel movements. Consider using **Vaseline, Aquaphor or diaper rash cream/ zinc oxide** around the anal

opening before starting the prep and after each bowel movement to minimize irritation from passing many bowel movements.

Make arrangements for a responsible adult or medical transport to drive you home after your colonoscopy. You may NOT use a bus, taxi, or a rideshare application such as an Uber, without a responsible adult 18+ to accompany you to your home. You are NOT to drive for the remainder of the day. Please expect to spend up to 1-1.5 hours (from check in time) at the facility.

CLEAR LIQUID DIET

Beverages:

Coffee (no cream)
Tea
7UP / Sprite/ Ginger Ale
Apple Juice/ White grape juice
Lemon-Lime Gatorade / Crystal Light
Lemonade

Soups:

Bouillon
Fat Free chicken broth
Clear broth

Sweets & Desserts:

Honey
Sugar
Green/Yellow/ White Popsicles
Butterscotch Candy
Hard Candy (Green, Yellow, or Clear)
Jolly Ranchers (Green, Yellow, or Clear)
Jell-o (Plain, Lemon Lime, or Pineapple (No Chunks))

NO CHEWING TOBACCO

NO SOLID FOODS - CLEAR LIQUIDS ONLY

NO RED, PURPLE, OR BLUE DYES CAN BE CONSUMED

No Dairy Products