

# **\*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\*\***  
**PLEASE DISCONTINUE** all semaglutides such as, but not limited to, Ozempic, Rybelsus, Wegovy, Trulicity, Victoza, Saxenda, Byetta, Bydureon, Mounjaro
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**