

**GoLytely Prep for Colonoscopy BEFORE or AFTER noon**

IMPORTANT: Please read prior to your procedure.

1. You must have someone available to drive you home after your procedure as you will be sedated. You will not be allowed to drive for 24 hrs after sedation. Please note, public transportation is not allowed.
2. Five days prior to your procedure avoid the following foods: Seeds, Nuts, Popcorn, Peanuts, Corn, Peas, Apples, Raspberries, Strawberries, Cucumbers, and Tomatoes.
3. You will not be eating solid foods on the day before your procedure. You will be on a clear liquid diet the day before your procedure.

Examples of clear liquid diet include:

- Water
  - Clear Soda
  - Chicken/Vegetable/Beef Broth
  - Jell-O (nothing red or purple)
  - Popsicles (nothing red or purple)
  - Black Coffee or Tea (no Milk or cream)
  - Apple juice or White Grape juice
  - Crystal Light (nothing red or purple)
  - Gatorade (nothing red or purple)
4. It is important you complete the bowel preparation as directed. If the prep is not completed, you risk cancelling the colonoscopy and repeating again at a later date.
  5. You must drink plenty of fluids the day prior to your colonoscopy. This will ensure you are staying hydrated and will also help cleanse the colon.
  6. Blood thinners such as Asprin, Warfarin, Eliquis, Xarelto, Pradaxa and Plavix will need to be stopped 5 days prior to your colonoscopy. Please contact the prescribing doctor to let them know you will be off your medication. You will resume your blood thinner the day after your colonoscopy. Also avoid Aleve, Ibuprofen, Naproxen and Meloxicam five days prior to your procedure. Tylenol is OK.

GoLytey Bowel Prep Instructions BEFORE or AFTER NOON

Step 1: Remember, Only clear liquids day before your procedure.

Step 2: In the morning (DAY BEFORE COLONOSCOPY) add lukewarm water to container of GLytely powder to the fill line on the jug. Shake very well to dissolve the powder. You may mix in a flavor packet of your choice. Place in the refrigerator to chill. Once mixed, the prep needs to be used within 48 hours.

Step 3: If your procedure is scheduled before noon please follow instruction A. If your procedure is scheduled after noon please follow instruction B. **PLEASE ONLY FOLLOW ONE INSTRUCTION.**

- A) At 6pm drink 2 liters, or half the container of the GoLytey solution. Drink one 8oz glass every 15min until gone. You should be finished within 2 hrs. Continue to drink plenty of clear liquids. At 10pm drink the second half of the solution. Again, complete this within 2 hrs.
- B) At 8pm drink 2 liters, or half the container of GoLytey solution. Drink one 8oz glass every 15min until gone. You should be finished within 2 hrs. Continue to drink plenty of clear liquids. You should drink the second half of the prep 6 hours prior to your scheduled procedure time (at\_\_\_\_\_) Again, this should be completed within 2 hrs.

\*Nothing by mouth 3 hours prior to your colonoscopy. This includes water, gum, candy, mints, lozenges etc.

Be sure to drink all the GoLytey solution. If you become nauseated, stop drinking the bowel prep solution for half an hour and then resume.

Scheduled Colonoscopy Date/Time: \_\_\_\_\_

Nothing by mouth starting at: \_\_\_\_\_

\*\*Plan to arrive 1 hour prior to scheduled colonoscopy time for registration and nursing preparations.