

GoLytey Colonoscopy Prep – Split Dose

You will need to drink a prescription laxative solution to clean your colon before your colonoscopy. **It is very important that you drink all of the gallon of prep so that your doctor will have a clear view of your entire colon during your colonoscopy.** Please read these instructions a week before beginning your prep, in case you have questions. For prep questions only, call **336-716-5637** and leave a message if no answer. If your concern is urgent, or you have other questions, call our triage nurse at 336-716-8204.

Pick up from the pharmacy 2 days before your colonoscopy:

- Prescription GoLytey, NuLytey, CoLyte or other generic brand (but don't mix the solution until the day you prep)
- 4 Dulcolax (bisacodyl) 5mg laxative tablets. This medication is over the counter.

Two days before your colonoscopy :

- Avoid raw fruits and vegetables, nuts, seeds, high fiber foods and salads.

One day prior to colonoscopy:

- Breakfast: You may eat a light breakfast which may include coffee, eggs, juice, toast, jello, broths and/or popsicles. One 8 oz. Ensure or Boost is suggested as well. **Do this before 10am.**
- At **10am**, start a clear liquid diet only (see list below). Also, mix up your Golytey (or the generic) prep and put it in the refrigerator, as this will make it easier to drink.
- At **3 PM**, take 4 Dulcolax tablet by mouth with water.
- Between **4 PM - 6 PM**, start drinking the gallon of GoLytey (or the generic) prep.
- You should drink **8 oz.** of your prep every 15-20 minutes until ½ (50%) of the gallon is gone. This should take you at least 2 hours.
- If you become nauseated, stop drinking the prep for 15-30 minutes and then start again.
- Refrigerate the remainder of the prep. Keeping the prep cold will help it taste better. Also consider adding a lemon flavor packet to the mixture, such as Crystal Light, and drinking the mixture with a straw if you become nauseated.
- **You may continue your clear liquid diet during the prep process.**

Day of your colonoscopy:

- **6 hours before your arrival time**, start drinking the rest of the prep. (This means you are waking up at some point after midnight to finish.)
- For example, if your appointment time is at 6:00am, you will start drinking the rest of your prep at 12:00am. If your appointment time is at 10:00am, you will start drinking the rest of your prep at 4:00am, etc.
- **Drink all of the prep!** You may take up to 2 hours to do so. If you become nauseated, stop drinking for 15-30 minutes and then start again.
- **You may not drink anything else 4 hours before your appointment time. This includes water! (A sip or two of water with medications is ok, however.)** You risk having your appointment canceled if you don't follow this guideline.
- You may brush your teeth.
- Please see the previous sheet ("colonoscopy preparation instructions") for medication instructions!

Your Clear Liquid Diet May Consist of:

Beverages: DO NOT consume anything red or purple!

- Clear soft drinks (ginger ale, Sprite, 7-Up, etc...)
- Sports drinks (Gatorade, Powerade, etc...)
- Clear fruit juices – apple, white grape, lemonade, white cranberry
- Water, tea, coffee (no milk or non-dairy creamer)

Soups:

- Chicken or beef bouillon/broth, **BUT ONLY PRIOR TO MIDNIGHT**

Desserts: DO NOT consume anything red or purple!

- Jell-O gelatin, clear popsicles (no sherbet)