

GoLytely Colonoscopy Prep – Split Dose

You will need to drink a laxative solution to clean your colon prior to your colonoscopy. **It is very important that you drink the entire prep mixture so that your doctor will have a clear view of your entire colon during your colonoscopy.** Please thoroughly read these instructions one week before beginning your prep. For prep questions, call 336-712-1212.

Pick up from the pharmacy 2 days before your colonoscopy:

- Prescription GoLytely, NuLytely, CoLyte or other generic brand (mix the solution one day before procedure)
- 4 Dulcolax (bisacodyl) 5mg oral tablets. (over the counter)
- 4 Gas-X pills (Simethicone) (over the counter)

Two day before your Colonoscopy:

- **AVOID** fruits, vegetables, nuts, seeds, beans, popcorn and high fiber foods

One day prior to colonoscopy:

- For the **entire day** before your colonoscopy you should be on a clear liquid diet only (**See list below**).
- In the morning mix up your Golytely (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 GoLytely (or the generic) prep.
- You should drink **8 oz.** of your prep every 15-20 minutes until half of the gallon is gone. This should take you at least 2 hours.
- Take breaks if you become nauseated.
- Refrigerate the remainder of the prep..
- **You may continue your clear liquid diet during the prep process.**

Day of your colonoscopy:

- 6 hours before your arrival time, take **2 Gas X** pills.
- After taking, the Gas-X pills start drinking the rest of the prep. (This means you are waking up at some point after midnight to finish the second half.)
- 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.
- Take the last **2 Gas X** after finishing the prep.
- **You may not drink anything 3 hours before your appointment time.** (A sip or two of water with medications is ok.)
- You may brush your teeth.
- **No hard candy, gum, chewing Tobacco, Smoking or Alcohol the day of procedure.**
- **No Street Drugs 48 hours before your procedure.**
- **No Hard Candy, Gum day or Chewing Tobacco the day of procedure**
- Please see previous sheet (“colonoscopy preparation instructions”) for important medication instructions.

Your Clear Liquid Diet May Consist of:

Beverages

- 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

- Jell-O gelatin, popsicles (no sherbet)