

Golytely Bowel Prep Instructions

One Week Before:

- Avoid eating: seeds, nuts, granola, corn, quinoa, and popcorn
- Review the **Medication Tab** also on the COSC website to hold specific medications.
- Make sure to fill out your health history on www.1MP.com Not doing so could result in a cancellation or a reschedule of your procedure(s).

One Day Before Colonoscopy:

- **CLEAR LIQUIDS ONLY** - no solid food
 - Allowed
 - Clear Fat-Free Broth (any flavor)
 - Tea or Coffee (no creamer or dairy) - sugar/honey are ok
 - Clear juices - apple, white grape
 - Carbonated beverages - Coke, Pepsi, Ginger-Ale, 7UP, Sprite, Ice - flavored water
 - Gatorade or other sports drinks
 - Flavored gelatin (Jello)
 - Popsicles (without milk or fruit pieces)
 - Electrolyte Water - Propel, Smartwater, Fuji Water
 - Clear Ensure - NOT chocolate, strawberry, or vanilla
 - NOT Allowed
 - No dairy products (including oat and soy milk)
 - No alcohol
 - No juices with pulp (orange, pineapple, grapefruit)
 - No lemons or limes (including lemonade)

****NOTHING THAT IS RED, BLUE, OR PURPLE****

It is important that you drink fluids and stay well hydrated prior to your colonoscopy.

****You MUST remain on a clear liquid diet until after your colonoscopy****

Bowel Prep:

- Follow these instructions - DO NOT FOLLOW INSTRUCTIONS ON THE BOX

Golytely Instructions:

For your procedure you will take one half of the prep the afternoon before the procedure, and the other half the day of the procedure.

OPTIONAL: Take one tablet of ondansetron 30 minutes prior to each dose of Golytely for nausea

One Day Before Colonoscopy

At 12 Noon:

- Mix Golytely solution with lukewarm water to the fill mark (4 liters) on the jug. **Do not add any other ingredients or flavors.**
- Place cap securely on the jug. Shake the jug very well several times to make sure the ingredients are well dissolved.
- Begin drinking one 8 oz glass of the prep every 10-15 minutes until 1/2 of the container is gone. It is best to rapidly drink the whole glass rather than slowly sipping.

Continue to drink a variety of clear liquids ALL DAY.

Day of Colonoscopy

In the Morning: Count back 6 hours from the time you are to arrive and finish drinking the last 1/2 of the container, ONE 8 oz glass every 10-15 minutes, until gone. Be sure to finish **ALL** of the solution.

Please drink additional clear liquids (water, black coffee - without milk or cream), apple juice, soda pop or club soda) until **4 hours of ARRIVAL time.**

Day of Procedure:

- **Do NOT smoke, chew tobacco, chew gum, or have hard candies or mints**
- ONLY CLEAR LIQUIDS- no solid food
 - Water
 - Black coffee (no creamer or dairy products) - sugar/honey are ok
 - Apple juice
 - Clear soda - 7Up, Sprite, club soda

****NOTHING BY MOUTH 4 HOURS PRIOR TO ARRIVAL OR YOUR CASE WILL BE CANCELLED****