



WHAT TO DO BEFORE YOU HAVE A COLONOSCOPY

GOLYTELY PREP INSTRUCTIONS STEP-BY-STEP

You will need to buy/pickup:

- Golytely laxative solution from your pharmacy
- Items for a clear liquid diet as described

WHEN	WHAT YOU NEED TO DO	DETAILS
At least 7 days before your procedure	<ul style="list-style-type: none"> • Watch the online Colonoscopy video 	<ul style="list-style-type: none"> • Log onto luh.org/giprep • Select GI Lab link on the right side of the page • Click the Colonoscopy Video link
	<ul style="list-style-type: none"> • Arrange for someone to drive you to and from your procedure (Required for sedation) • Check which medicines you may need to stop especially if you are taking any blood thinning medications like Coumadin, Plavix, Lovenox. 	<ul style="list-style-type: none"> • The person who is escorting and driving you must stay in the building during the entire length of your procedure • If you have diabetes, see additional instructions
2 Days before your procedure		
During the day	<ul style="list-style-type: none"> • You can continue to eat as you normally would, but try to avoid food that are high in fiber 	<ul style="list-style-type: none"> • Examples of high fiber foods: salads, green vegetables, brown rice, whole grain bread, brown pasta, beans, seeds, and nuts.
At dinner	<ul style="list-style-type: none"> • This dinner will be the last time you are able to eat solid food before your procedure. 	<ul style="list-style-type: none"> • Eat a small dinner by 9 p.m.
1 Day before your procedure		
During the day	<ul style="list-style-type: none"> • When you wake up, start drinking ONLY clear liquids • Drink 8 ounces of clear liquid for every hour that you are awake 	<ul style="list-style-type: none"> • Do NOT eat any food • Clear liquid only, see list of clear liquids • Do NOT drink alcohol
12 Noon (or earlier, if desired)	<ul style="list-style-type: none"> • Mix Golytely with one gallon of water until it is dissolved. Place in refrigerator 	<ul style="list-style-type: none"> • Consider adding powdered flavoring (Gatorade, Crystal Light, lemonade) to improve the taste. Avoid red or purple coloring.
6 p.m. – Take 1st Half of Prep	<ul style="list-style-type: none"> • Begin drinking the Golytely Solution • Drink 8 ounces every 15 minutes until ½ (half) of the bottle is consumed 	<ul style="list-style-type: none"> • If you feel bloated or nauseated, increase the time interval between glasses by 5-10 minutes. • Keep the remaining ½ of the solution for the following day
Evening	<ul style="list-style-type: none"> • Continue to only drink clear liquids until bedtime 	<ul style="list-style-type: none"> • You may need to use the bathroom during the night



WHEN	WHAT YOU NEED TO DO	DETAILS
Day of your procedure		
In the morning – Take 2nd Half of Prep	<ul style="list-style-type: none"> • Finish ALL of the remaining Golytely solution • You can take your allowed medication on the day of your procedure with small sips of water • You must stop drinking ALL liquids including the prep solution at least 3 hours prior to your procedure 	<ul style="list-style-type: none"> • The 2nd half of the prep should take about 1-2 hours to drink. • You must finish this at least 3 hours prior to your procedure. • You cannot drink ANYTHING within 3 hours of your procedure

How do I know if my prep is working?

Look at these examples of stool colors. You want your stool to be clear.

- After drinking all of your prep, your bowel movements should be all liquid yellow and clear like picture #4 or #5. If so, you are ready and good to go!
- However, if your bowel movements are still solid or look like pictures #1, #2, or #3, you are probably not prepped adequately enough and will need to cancel your procedure.

