

COLONOSCOPY

GoLYTELY® Bowel Prep Instructions

Dose 1 – The Day Before Your Procedure

- Step 1** Maintain a clear liquid diet all day! Try to drink at least 8oz of clear liquids per hour for 8 hours prior to drinking your bowel prep.
- Step 2** At 4pm, take 2 Dulcolax or Bisacodyl laxative tablets.
- Step 3** At 5pm, start drinking your bowel prep solution. Drink 1 glass (8oz) every 15 minutes and stop when you have finished half of the bottle (2 liters or half gallon). Place the remaining solution back in the refrigerator for tomorrow.
- Step 4** If you become nauseated or feel chilled during your bowel preparation, stop the prep for at least 30 minutes before resuming.
- Step 5** At 9pm, take 2 anti-gas tablets.
- Step 6** After midnight, no eating. This includes gum, mints, or any tobacco products (smoking, snuff, chewing tobacco, vaping etc). Your procedure will be delayed or canceled if you eat after midnight.



**View approved
liquids:**



Dose 2 – The Day of Your Procedure

For Procedures Before Noon:

- Step 1** At 4am, take 2 anti-gas tablets and drink the second half of your bowel prep formula. Your prep needs to be finished by 6am.
- Step 2** Take only your regularly scheduled heart, blood pressure, or seizure medicines by 6am.
- Step 3** You may continue to drink clear liquids up until 3 hours prior to your arrival time.
- Step 4** If you are diabetic, please check your blood sugar level before arriving.

For Procedures After Noon:

- Step 1** At 7am, take 2 anti-gas tablets and drink the second half of your bowel prep formula. Your prep needs to be finished by 9am.
- Step 2** Take only your regularly scheduled heart, blood pressure, or seizure medicines by 9am.
- Step 3** You may continue to drink clear liquids up until 3 hours prior to your arrival time.
- Step 4** If you are diabetic, please check your blood sugar level before arriving.