

## **GOLYTELY® PREP FOR COLONOSCOPY**

### **PROCEDURE PREP (DAY BEFORE THE EXAM)**

#### **DIET**

On the day before the examination, the diet should consist of only the following:

- Jello® any color except red
- Clear broth only
- Clear, 100% juices such as apple, grape, pineapple, lemonade, cranberry, popsicles, Gatorade® and hard candy
- Water, ice, tea, coffee or decaffeinated coffee (no milk/cream). You may discuss your medication with a nurse when you call 2 weeks prior to you procedure.

#### **PREPERATION (LAXATIVE)**

In addition to the above diet, the following preparation should be completed:

- Read the instructions on the GoLYTELY bottle as to mixing the water with the powder.
- Begin to drink the GoLYTELY at 12 noon. Drink a glass every 30 minutes. You have up to 6 hours to consume.
- Any change in the preparations listed will be directed by the physician.

#### **DAY OF EXAM**

- Take your regular medications as you are instructed by the physician who is performing your colonoscopy.
- You may have \*clear liquids up to two hours before the procedure.
- Since you are going to be sedated for the procedure, please make arrangements for someone to drive you home approximately 2 hours after you arrive. Patients that **do not** have an adult to accompany them home **WILL NOT** be able to undergo the procedure if sedation is used. If you decide to use a taxi, you will still need to be accompanied to your destination with another adult. After the procedure another adult must accompany you into your home. You cannot drive until the day after the procedure.

\* Clear liquids are defined as any liquid you can see through.