

## GOLYTELY® SPLIT DOSE COLONOSCOPY INSTRUCTIONS

Please follow the below instructions only. Do not follow alternative directions provided by the pharmacy or on the preparation bottle itself.

### ONE WEEK PRIOR TO THE PROCEDURE

- Fill your prescription for the Golytely bowel preparation
- Try to limit fiber intake
- Avoid taking iron supplements if possible

### THE DAY BEFORE THE PROCEDURE

- Fill the entire Golytely jug and place in the refrigerator in the morning.
- Beginning when you wake up, follow a clear liquid diet **all day**:  
Clear liquids include:  
Water, lemonade/Gatorade, liquidbroth/bouillon, popsicles, black coffee, sodas, apple/grape/white cranberry juice, gelatin (not red colored), sorbet.
- **Starting at 5pm** – drink one 8oz glass of the prep every **15-30 minutes** until you have finished **half** of the preparation. **Make sure you shake the bottle after each glass** to make sure you are getting the appropriate amount of medication with each dose.

### THE DAY OF THE PROCEDURE

- You may continue to have a clear liquid diet as long as you stop at least 3 hours before your procedure.
- Drink the remaining half of the preparation. Complete the full prep even if your stools are watery or clear. You must complete the preparation at least 3 hours before your procedure, so plan accordingly.

### A FEW POINTS

- The better the quality of your preparation, the more likely your physician will be able to see polyps. Some polyps that contain cancer can be small and can hide in any of the numerous folds in the colon.
- An inadequate preparation often results in needing an earlier repeat exam than would normally be required.

Please call the GI office at (508) 425-5446 with any questions or concerns.