

Colonoscopy Preparation (GoLYTELY Split Dose Prep)



Your prescription for GoLYTELY will be ordered one week before your exam at the pharmacy of your choice. Please pick it up at that time. To enhance the taste of GoLYTELY, ask for flavor packets at the pharmacy.

3 days before the exam	2 days before the exam	1 day before the exam	The day of the exam
<ul style="list-style-type: none"> • If you haven't already done so, pick up your prescription for GoLYTELY at the pharmacy. • Start a low fiber diet. • Stop any iron supplements. • Arrange for your ride home after your exam: <ul style="list-style-type: none"> - No cab or bus without someone riding with you - Medical transport will have to walk you to your door - Must be a licensed driver <p>PLEASE CALL 702-483-4483 IF THERE ARE QUESTIONS OR CONCERNS WITH PREP INSTRUCTIONS</p>	<ul style="list-style-type: none"> • If you haven't already done so, pick up your prescription for GoLYTELY at the pharmacy. You will drink it tomorrow. • Do not eat any solid foods after midnight. 	<ul style="list-style-type: none"> • Begin a clear liquid diet. You can have water, clear broth or bouillon, coffee or tea (without milk or creamer), Gatorade, Powerade, Pedialyte, carbonated and non-carbonated soft drinks, Kool-Aid or other fruit flavored drinks, strained fruit juices (no pulp), Jell-O, popsicles and hard candy. NO RED OR PURPLE LIQUIDS. • Drink at least 8 glasses of water or clear liquids during the day. • At 6 p.m.: Begin drinking 3 liters of the GoLYTELY solution (3/4 of the bottle). Drink 8 ounces every 10 minutes until finished. If you vomit, wait 30 minutes. Then, begin drinking again, taking 6 ounces every 15 minutes • Refrigerate the remaining 1 liter (1/4 bottle) of GoLYTELY. 	<ul style="list-style-type: none"> • 5 hours before your appointment time: Drink the remaining 1 liter (the rest of the bottle) of GoLYTELY. • Continue clear liquid diet, including water. • 3 hours before your appointment time: Stop drinking liquids. (You may take your morning medicines with 4 ounces of water.) • Please do not wear fragrant perfumes or lotions today. • Your stool should be clear yellow to be ready for the exam. • Things to bring to the exam: <ul style="list-style-type: none"> - Someone to drive you home - Insurance card - Health history form