

GOLYTELY® PREP

PREPARATION – Starts one (1) week prior to exam!

Fill your prescription for Golytely® that was electronically sent to your pharmacy.

Zofran for anti-nausea, if prescribed for you (follow directions provided with the prescription).

If you must cancel or reschedule your appointment, please call our office before 3:00 PM three (3) business days prior to your procedure to avoid cancellation fees.

Transportation: You must arrange for a ride for the day of your procedure with a responsible adult. If you fail to do so, your procedure will be cancelled and rescheduled.

7 days before:

- Read the section of the document called “IMPORTANT CONSIDERATIONS” regarding blood thinning agents.

3 days before:

- Start a Low-Fiber Diet. A low fiber diet helps make the colon cleansing more effective.
 - Examples of a low fiber diet include (but are not limited to): white bread, white rice, pasta, crackers, fish, chicken, eggs, ground beef, creamy peanut butter, cooked/steamed/boiled vegetables, canned fruit, bananas, melons, milk, plain yogurt, cheese, salad dressing and other condiments.
 - The following are not allowed on a low fiber diet: seeds, nuts, popcorn, bran, whole wheat, corn, quinoa, raw fruits and vegetables, berries and dried fruit, beans and lentils.

For additional details on following a low fiber diet, please see www.colonrectal.org

2 days before:

- Continue Low Fiber Diet
- Drink at least 8 glasses of water throughout the day
- Stop eating solid foods at **11:45 p.m.**

1 day before:

- **In the morning:** begin clear liquid diet (clear liquids include things you can see through).
 - Example of clear liquids include: water, tea (no milk or non-dairy creamer), clear broth or bouillon, Gatorade®, Powerade®, non-cola carbonated and non-carbonated soft drinks (Sprite®, 7-Up®, Ginger ale), strained fruit juices without pulp (apple, white grape, white cranberry), Jell-O® and popsicles.
 - The following are NOT allowed on a clear liquid diet: red or purple liquids, alcoholic beverages, coffee, dairy products, protein shakes, cream broths, applesauce, oatmeal, mashed potatoes, juice with pulp, chewing gum and chewing tobacco.
- **At 5:00 p.m.** Drink 1 (one) 8 ounce glass of the Golytely® solution every 10 minutes until half the bottle (approximately 8 – 8 ounce glasses) is gone.

Colon Cleansing Tips: Drink adequate amounts of fluid before and after your Golytely® preparation to prevent dehydration. Stay near a bathroom because you will have diarrhea and may need to use the toilet frequently. Even if you are sitting on the toilet, continue to drink the Golytely® preparation. Apply A + D® ointment or Vaseline® to the anus to prevent irritation if needed. If you feel nausea or are vomiting, rinse your mouth with water, take a 15 to 30 minute break and then continue drinking the solution again.

Day of your procedure:

- **Four (4) hours prior to your procedure** drink the remaining Golytely® solution every 10 minutes until the solution is gone.
- **Discontinue all oral intake immediately after drinking the remaining Golytely® solution:**
 - STOP drinking all liquids
 - Do not take anything by mouth during this time.
 - Allow extra time to travel to your procedure as you may need to stop and use a bathroom along the way.

What to bring to your procedure:

- Insurance card/Photo ID
- List of current medications, including over-the-counter medications and supplements
- Rescue inhaler, if you currently use one to control asthma
- Contact lens supplies; you will be asked to remove them prior to the procedure starting
- Advance Directive, if you have one