



Colonoscopy Prep Instructions with GoLYtely

Important Information

Please call us at [212-434-3427](tel:212-434-3427) if:

- You cannot make your appointment (must be 1 week early notice)
- You're concerned your prep is not working
- You have any questions or concerns

Pre-Procedure Checklist: [1 week before procedure](#)

- Do blood work / EKG (fax to 212-434-6275) - as determined by your provider
- Get from pharmacy GoLYTELY, or GaviLYTE, or NuLYTELY (1 bottle)
- Get water, Gatorade, or Vitamin Water Zero (4 liters, 128 oz, no red coloring)
- Get 2 Bisacodyl (Dulcolax) tablets (5 mg) and Simethicone anti-gas tablets



- Stock up on clear liquids (any liquid that you can see through (water, tea, black coffee, clear broth, apple juice, ginger ale, sports drinks). Jell-O, flavored ices, hard candies, and gum are OK. Mint tea can be soothing.
 - Avoid juices with pulp and anything with red, blue, or purple color
- Talk to your doctor about any clearances you may need or possible medicine adjustments like:
 - Blood thinners
 - Diabetes medicine
 - Cardiac issues
- **Important:** Arrange who will drive you home after your procedure ahead of time. You cannot take public transportation, a taxi, or rideshare.



How to Prep for Your Colonoscopy

<p>1 day before your procedure</p>	<ul style="list-style-type: none"> ● Eat a light breakfast (ex. 2 eggs and toast) ● Follow a clear liquid diet for the rest of the day <ul style="list-style-type: none"> ○ Clear liquids are: water, tea, black coffee, clear broth, apple juice, ginger ale, Gatorade, and mint tea ○ Flavored ice, hard candies, and gum are OK
<p>1 day before your procedure</p>	<ul style="list-style-type: none"> ● @ 4pm GoLYTELY prep <ul style="list-style-type: none"> ○ Mix GoLYTELY as directed on the label with a clear liquid like Gatorade or water. ○ Store in the refrigerator ● Take 2 Bisacodyl (Dulcolax) 5 mg tablets ● @ 6pm Drink 75% (3 liter) of the prep solution over 2 hours <ul style="list-style-type: none"> ○ It's important to keep drinking the solution even though the laxative may not begin for another 2 to 3 hours. ○ If you get nauseous, wait 15 minutes, then continue drinking in smaller amounts, and use a straw. ● @ 9pm Take 2 Simethicone anti-gas tablets with clear liquid
<p>4 hours before your procedure</p>	<ul style="list-style-type: none"> ● Drink the remaining prep solution (1 liter) of over 2 hours ● You may need to wake up very early to complete the prep <ul style="list-style-type: none"> ○ This helps you get a good prep so you don't need to repeat the process all over again! The timing of drinking your prep is important. ● After finishing your prep, Do NOT eat or drink (including water) ● Do NOT smoke

Procedure Checklist & Hospital Arrival

- Take your regular morning medicine with sips of clear liquid as directed by your doctor
- **You cannot drive after the procedure or take public transportation.** Please have someone at the hospital to take you home.
- Arrive at the hospital **1 hour before your procedure time**