

## GoLyteLy Colonoscopy Prep – Single Dose

You will need to drink a prescription laxative solution to clean your colon prior to your Colonoscopy. **It is very important that you drink the entire gallon of prep so that your doctor will have a clear view of your entire colon during your colonoscopy.** Please thoroughly read through these instructions before beginning your prep. If you have any questions please call our schedulers at 336-716-3636 or our triage nurse at 336-716-8204 to review the instructions at least one week prior to your procedure.

Enclosed in your prep packet is your GoLyteLy prescription, please get this filled at least 2 days prior to your procedure but do not start mixing the solution until the day you are instructed to start prepping.

These instructions are specific to Colonoscopy procedures scheduled between **6:00 AM – 11:00 AM**. Please refer to your cover letter to make sure this prep applies to your appointment time.

### Obtain from the Pharmacy:

- Prescription GoLyteLy, NuLyteLy, CoLyte, or other generic brand.
- 2 Dulcolax Laxative tablets. This medication is over the counter.

### One day before your colonoscopy:

- Breakfast: You may enjoy a light breakfast which may include coffee, eggs, juice, low fiber cereals. One 8 oz. Ensure or Boost is suggested as well.
- Lunch: Starting at lunch time the day before your Colonoscopy you should start a clear liquid diet (See list below).
- Between **4 PM - 6 PM**, on the day prior to your exam, start drinking the gallon of GoLyteLy (or the generic). You should drink **8 oz.** of your prep every 15-20 minutes until the entire gallon is gone. This should take you at least 4 hours. Your stools should become watery during this colon cleansing preparation.
- Take **2** Dulcolax tablets with your last 8 oz. of prep solution.

**If you become nauseated during this process, wait 30 minutes and then try drinking again.**

### Day of your colonoscopy:

- **You should have nothing to eat or drink after midnight.**
- You may brush your teeth.
- Take your blood pressure medication in the morning as usual. Insulin and other diabetes medications should be adjusted on the day of your colonoscopy. Call your doctor if you have questions.
- **Please bring a list of your medications, and all insurance information when you come for your procedure.**
- Please leave jewelry at home.
- You will need a responsible adult driver that will stay on site with you for the duration of your procedure. If your escort does not accompany you to the unit, for your safety you will be asked to reschedule.

### **Your Clear Liquid Diet May Consist of:**

#### **Beverages: DO NOT consume anything colored Red or Purple!**

- Soft Drinks – orange, ginger ale, cola, Sprite, 7-Up, Gatorade, Kool-Aid (no red or purple).
- Strained fruit juices – apple, white grape, lemonade.
- Water, tea, coffee (no milk or non-dairy creamer)

#### **Soups:**

- Chicken or beef bouillon/broth

#### **Desserts:**

- Hard candies
- Jell-O (no red or purple, no fruit or toppings).
- Popsicles (no red or purple, no sherbet or fruit bars)