

# COLONOSCOPY PREPARATION INSTRUCTIONS

Please read this entire document to ensure your **GoLyteLy (AM)** bowel preparation is correctly performed

## STEP 1

### 7 DAYS BEFORE PROCEDURE

#### DO

-Ensure you have received your **Prep Package** from **Gift Health** or Rx sent to your pharmacy  
-All of your prep supplies and instructions will be provided. Follow the instructions provided by us  
You should have received:

- **GOLYTELY** Bowel Prep

#### DON'T

-Inject your weekly GLP-1  
-Take your PRESCRIBED BLOOD THINNER. You will have been given instructions on when to hold this medication prior to your procedure. **If you have not been given specific instructions, please immediately call us at (530) 246-7000**

## STEP 2

### 3 DAYS BEFORE PROCEDURE

#### DO

-Confirm you have a driver on procedure day.  
-Eat a **Low Residue Diet**

#### DON'T

-Eat high fiber foods/roughage (You will be on a **Low Residue diet** today and transition to a **Soft Diet tomorrow**)  
-Eat nuts and seeds

## STEP 3

### 1 DAY BEFORE PROCEDURE

#### DO

Start a **Clear Liquid Diet** in the morning and continue until 3 hours prior to your procedure.

If you are on any diabetic meds please refer to the Diabetic Med Guide provided in your Prep Package

#### DON'T

Eat Solid Food or drink Dairy Products, Alcohol, Red/Purple Colored Products

#### Starting at 5pm:

- Begin drinking **GOLYTELY** (shake well)
- Drink a large glass of the prep (8oz) every 10 minutes. It is best to drink the whole glass rapidly rather than sipping slowly. **For best results, do NOT spend more than 4 hours finishing the prep**
- Bowel movements usually occur 1 to 3 hours after starting the prep
- *Feelings of bloating and/or nausea are common. If you have these symptoms, stop drinking the prep for 30 minutes then try again at a slower rate: 8 oz every 15-20 minutes.*

**\*\*YOU MAY DRINK CLEAR LIQUIDS UP UNTIL 3 HOURS BEFORE YOUR PROCEDURE\*\***

## STEP 4

### DAY OF PROCEDURE

#### DO

Take your regular morning medications with small sips of water. **ESPECIALLY your BLOOD PRESSURE MEDS**

Refer to the Diabetic Med Guide

#### DON'T

Eat Solid Food or drink Dairy Products, Alcohol, Red/Purple Colored Products

#### 3 HOURS BEFORE Arrival:

-STOP ALL LIQUIDS  
-NO gum, mints, hard candy, marijuana, cigarettes, chewing tobacco

**Your bowel movements should be: liquid and clear/yellow or urine-like**

If you have any preparation issues or questions, contact the Procedure Center at 530-246-7000