

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