

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**
 - **MIRALAX**

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

- After lunch:** Mix 2 capfuls of **MIRALAX** (34g) in any 8 to 16 oz of water, gatorade or plain juice. **You will repeat this step for the next 2 days after lunch**
- Confirm you have a driver on procedure day.

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

Lunch: Mix 2 capfuls of **MIRALAX** (or measure out 34g), in water, Gatorade or plain juice and drink.

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