

# COLONOSCOPY PREPARATION INSTRUCTIONS

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

## STEP 1

### 7-10 DAYS BEFORE PROCEDURE 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. You should have received:

- **GoLyteLy Bowel Prep**
- **MIRALAX - 12 capfuls total (17g per capful)**

#### DON'T

-Inject your weekly GLP-1  
-Eat high fiber foods/roughage. You will be on a **Low Residue Diet** for 6 days up until the day before your procedure  
-Avoid nuts and seeds  
-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

### 7 DAYS BEFORE PROCEDURE

#### DO

-Follow a **Low Residue Diet** (See handout)  
-Confirm you have a driver on procedure day

#### For the next 6 days AFTER LUNCH:

-Mix 2 capfuls of **MIRALAX** (34g) in any 8 to 16 oz of water, gatorade or plain juice

## 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 or found on our website [www.reddingendoscopy.com](http://www.reddingendoscopy.com)

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

#### Starting at 5pm:

- You will drink **HALF** of the gallon of **GOLYTELY** tonight (shake well). The second half will be completed the next day
- 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 procedure.
- 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\*\***

#### DON'T

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

## 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

#### 6 HOURS BEFORE Arrival:

-Drink the second half of the gallon of GoLyteLy  
-Your bowel movements should be: liquid and clear/yellow or urine-like

#### 3 HOURS BEFORE Arrival:

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

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

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