

COLONOSCOPY PREPARATION INSTRUCTIONS

Please read this entire document to ensure your **GoLyteLy (PM)** 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:

- You will drink **HALF** of the gallon of **GOLYTELY** (shake well). The second half will be completed 6 hours before your procedure
- 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

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