

COLONOSCOPY PREPARATION INSTRUCTIONS

using Golytely® or Gavilyte®

Obtain the following:

1. Gavilyte or Golytely solution.
2. Gas tablets (Gas-X or Simethicone) – obtain at your local pharmacy without a prescription.

Day PRIOR to the procedure:

1. Mix preparation (Golytely/Gavilyte) as indicated in the instructions and place it in the refrigerator for later use.
2. Start a strict clear liquid diet (NO SOLID FOODS)

Examples include:

- Clear fruit juice (no pulp) – Apple, white grape, etc.
- Chicken broth
- Coffee without milk or creamer
- Clear sodas (ex. 7up, Sprite, Ginger Ale, etc.)
- Gelatin desserts (lime or lemon flavors only)
- Gatorade/Powerade (Lime or lemon flavors only)
- Popsicles without pieces of fruit or pulp (lime or lemon)

3. Between 5:00 – 7:00PM, drink 8 oz of the solution every 10 minutes until half the container is empty.

****It is best to drink the whole glass rapidly rather than sipping small amounts continuously.*

****You may experience nausea and/or bloating after the first few glasses. This is temporary and will improve once bowel movements begin.*

4. After finishing half of the solution, take 2 gas tablets with a clear liquid.

Day of the procedure:

1. Do NOT eat or drink any food
2. Starting four (4) hours prior to your procedure time, drink 8 oz of the solution every 10 minutes until the container is fully empty.

****Example: If your procedure is scheduled at 10AM, start drinking the remaining solution at 6AM. It is very important to finish drinking the solution. If not, the colon might not be clean enough and the procedure will have to be repeated at a later date.*

****You must finish drinking the final glass of water at least 2 hours prior to your procedure time.*

3. After drinking the entire solution, take 2 gas tablets with a clear liquid.
4. Take your morning medications with a sip of water

*******Diabetics should skip their oral diabetes medications, and if using insulin, take only half the dose.