

# GOLYTLY BOWEL PREPARATION

## **THE DAY BEFORE YOUR COLONOSCOPY YOU MUST BE ON LIQUID DIET ALL DAY**

YOU ARE ALLOWED THE FOLLOWING LIQUIDS THE DAY BEFORE YOUR PROCEDURE:

**YOU MUST DRINK 12-15 OZ HOURLY UNTIL BEDTIME**

TEA, CLEAR BROTH (CHICKEN, BEEF, VEGETABLE), WATER, COFFEE, JELLO (NO FRUIT)  
SPORTS DRINKS (GATORADE/SPORTADE), SOFT DRINKS, JUICE ( NO PULP)

**PLEASE AVOID ALL RED COLORED PRODUCTS**

1. If flavor packs are included with your kit, tear open one flavor pack at the indicated marking and pour contents into the bottle BEFORE reconstitution.
2. SHAKE WELL to incorporate flavoring into the powder.
3. Add tap water to FILL line marked 4 liters. Replace cap tightly and SHAKE WELL until all ingredients have dissolved. No additional ingredients, e.g., flavorings, should be added to the solution

## **At 6:00 PM THE EVENING BEFORE YOUR COLONOSCOPY**

Begin drinking an 8 oz glass of Golytely, every 15 minutes **until the entire laxative is finished.**

**CONTINUE HYDRATING BY DRINKING PLENTY OF LIQUIDS UNTIL BEDTIME**

## **THE DAY OF YOUR COLONOSCOPY**

1. YOU MAY DRINK **ONLY** THE FOLLOWING **CLEAR** LIQUIDS.  
7UP, SPRITE, GINGERALE, APPLE JUICE, GATORADE, WATER DO NOT SUBSTITUTE  
**NO MILK, DAIRY OR ARTIFICIAL DAIRY PRODUCTS ARE ALLOWED.**

## **YOU MUST STOP DRINKING 4 HOURS BEFORE YOUR COLONOSCOPY**

***FAILURE TO FOLLOW THIS DIET MAY RESULT IN THE CANCELLATION OR POSTPONEMENT OF YOUR PROCEDURE!***

IF YOU HAVE ANY QUESTIONS, PLEASE DO NOT HESITATE TO CONTACT 201—837-9449