

# COLONOSCOPY GOLYTELY ONE DAY BOWEL PREPARATION



## Purchase the following supplies for your bowel preparation:

1. Four 5 mg bisacodyl laxative tablets.
2. GoLYTELY – this is a prescription product that you will need to pick up at your pharmacy.

## Diet:

1. **For the entire day prior to your procedure, you can only eat clear liquids.** You cannot eat solid food or soft foods. Clear liquid foods include Gatorade, Powerade, clear broth, Jello, popsicles, clear fruit juices, coffee and tea, and clear Ensure. You need to drink lots of liquids throughout the day prior to your bowel preparation in order to have a good result.
2. **Do not eat, drink, or put any substance in your mouth for 4 hours prior to your procedure.** This includes chewing gum, hard candy, and tobacco products. You must complete the last dose of your bowel preparation 4 hours before your procedure.
3. **You should not eat nuts, seeds, or fiber supplements for 1 week prior to your procedure. Please eat a low-fiber diet for 1 week prior to your procedure.**
4. **Eat a low-fiber diet one week prior to your procedure.**
5. **Stop iron supplements one week prior to your procedure.**

## Bowel Preparation Instructions:

### **Day before procedure**

1. Mix the entire 4-liter bottle of GoLYTELY in the morning and put it in your refrigerator.
2. **3:00 pm** – Take 4 Dulcolax tablets.
3. **5:00 pm** – Drink the first 2 liters of the GoLYTELY at 6 pm. Try to drink 8 ounces every 15 minutes. If you are getting nauseated, you may drink this more slowly.

### **The morning of your procedure**

1. Drink the second 2 liters of the GoLYTELY. **You need to finish this at least 4 hours before** your procedure.
2. **Do not eat, drink, or put any substance in your mouth for 4 hours prior to your procedure.** This includes chewing gum, hard candy, and tobacco products.
3. **If you do not have any results after the first dose of the GoLYTELY, please contact the GI physician on call by calling our office number (330) 926-3313.**