

Your appointment is scheduled for:

_____ Date

_____ Time

Colonoscopy Preparation (GoLYTELY)

Please follow these directions carefully. It is very important that your colon (large intestine) is completely clean and empty. This is so your exam will be comfortable, accurate and safe. You need to start to prepare for the exam four days before the exam.

4 days before the exam	3 days before the exam	2 days before the exam	1 day before the exam	The day of the exam
<p>* Buy the GoLYTELY prescription at a pharmacy.</p> <p>Your prescription will be ordered one week before your exam. Please pick it up at that time.</p> <p>*Arrange for your ride home.</p> <p>*If you need to cancel or reschedule your exam, please call 651-254-8680.</p>	<p>Start low fiber diet</p> <p>No raw fruits or vegetables</p> <p>No whole wheat or high fiber</p> <p>No nuts or popcorn</p> <p>No Metamucil, Fibercon, bran or bulking agents.</p>	<p>Continue low fiber diet</p> <p>*Drink at least 8 glasses of water during the day.</p> <p>*Do not eat any solid foods after midnight.</p>	<p>Begin clear liquid diet</p> <p>You can have: Water, clear broth or bouillon, coffee or tea (without milk or creamer), Gatorade, Pedialyte, carbonated and noncarbonated soft drinks, Kool-Aid or other fruit-flavored drinks, strained fruit juices (no pulp), Jell-O, popsicles and hard candy.</p> <p>*Do not have any red or purple liquids.</p> <p>*Drink at least 8 glasses of water during the day.</p> <p>*Mix GoLYTELY as directed on container. Place in refrigerator.</p> <p>*At 4 p.m. begin drinking GoLYTELY solution, 8 oz. every 10 minutes until finished. If you vomit, wait 30 minutes, then begin drinking again, taking 6 oz. every 15 minutes.</p>	<p>*Continue clear liquid diet, including water</p> <p>*Stop drinking liquids 3 hours before your appointment time.</p> <p>*You may take your morning medications with a ½ glass of water.</p> <p>*Please do not wear fragrant perfumes or lotions the day of your exam.</p> <p>*Bring these with you to the exam:</p> <p>✓ Ride</p> <p>✓ Insurance Card</p>

You must have someone drive you home after your exam.

If your procedure is at North Memorial Medical Center, you must have someone stay with you for 12 hours after the procedure.