# GoLYTELY Colonoscopy Preparation

## Preparing for your procedure

Your colonoscopy is scheduled for: __________________________

<table>
<thead>
<tr>
<th>What you’ll need</th>
<th>7 days before your procedure</th>
<th>3 days before your procedure</th>
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<tbody>
<tr>
<td>Your prescription bowel preparation (see below) will be available at the pharmacy written in above 7 days before your procedure.</td>
<td>• Talk to your primary care clinician about stopping any:</td>
<td>• <strong>Start eating a low-fiber diet.</strong> A low-fiber diet helps make the bowel preparation more effective. See the handout <em>Low-Fiber Diet Guidelines</em> (#20953).</td>
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<tr>
<td>• GoLYTELY (a laxative)—4-liter container</td>
<td>» Anticoagulation medications, such as apixaban (Eliquis), dabigatran (Pradaxa), rivaroxaban (Xarelto) or warfarin (Coumadin).</td>
<td>• Stop taking Metamucil or FiberCon fiber supplements.</td>
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<td>• Bisacodyl—4 tablets that must contain 5 milligrams of Bisacodyl, such as Dulcolax laxative tablets (Don’t use Dulcolax stool softener.)</td>
<td>» Antiplatelet medications, such as clopidogrel (Plavix).</td>
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<td>• Ask your primary care clinician for instructions if you take insulin for diabetes, have heart valve disease or have had heart valve replacement.</td>
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<td>• Stop taking multivitamins and other medications with iron.</td>
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<td>• <strong>Arrange for a ride home from a licensed driver after your procedure.</strong> Don’t take a bus, cab or ridesharing service unless an adult rides with you. Don’t ride a motorcycle.</td>
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<td>2 days before your procedure</td>
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<tr>
<td>• <strong>Continue eating a low-fiber diet.</strong></td>
<td>• Drink at least eight 8-ounce (237-milliliter) glasses of water throughout the day. Cross out each square as you drink a glass.</td>
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<td>• Don’t drink any alcoholic beverages.</td>
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<td>• Complete the health history form provided along with these instructions.</td>
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</table>

## Tips for drinking GoLYTELY

- Drink the solution quickly—Drinking it quickly is part of how the preparation works.
- Drink the solution cold but not ice cold. Ice-cold liquids aren’t digested as quickly.
- Add a little Crystal Light (lemonade only) to each glass as you drink for flavor. Don’t add to the entire prepared solution.
- Drink through a straw to help the flavor pass over your taste buds.
- Wear warm clothing since drinking the prepared solution may make you cold.
- Suck on a lemon or hard candy between each glass to help reduce the flavor of the preparation.
### 1 day before your procedure

- See the tips for colon cleansing in the handout *Colonoscopy: What to expect* (#13060).
- Mix the GoLYTELY solution as directed on the container. If you want, refrigerate to chill before drinking. To help make drinking the solution easier, see “Tips for drinking GoLYTELY.”
- You may have a **light** low-fiber diet for breakfast and lunch.
- **After 1 p.m., don’t eat any solid food. Begin a clear liquid diet.** Clear liquids are liquids that look like colored water and you can see through at room temperature.

**Don’t drink any red or purple liquids.** The color may interfere with your procedure.

- Water, clear broth or bouillon, coffee or tea without milk or nondairy creamer
- Gatorade or Powerade noncarbonated sports drink—Regular Gatorade, regular Powerade, Gatorade G2 and Powerade Zero are OK. Choose a green-, yellow- or clear-colored flavor. Don’t use powdered Gatorade.
- Pedialyte, carbonated and noncarbonated soft drinks, Kool-Aid or other fruit-flavored drinks and strained fruit juices without pulp (apple, white grape, white cranberry)
- Jell-O, Popsicles and hard candy
- Drink at least eight 8-ounce glasses of water throughout the day. Cross out each square as you drink a glass.
- **At 5 p.m.**, take 4 bisacodyl tablets.
- **At 6 p.m.**, begin drinking 2 liters (half the container, or about eight 8-ounce glasses).
  - Drink one 8-ounce glass of the GoLYTELY solution every 10 minutes until the container is half empty.
  - If you experience nausea or vomiting, rinse your mouth with water and take a 15- to 30-minute break. Then continue drinking the solution.
  - Refrigerate the remaining 2 liters (half of the container) of the GoLYTELY solution.
  - Expect to have diarrhea. You may see results right after drinking the solution, or it may take a bit longer. You may feel chilled.
- Continue to drink clear liquids. Drinking clear liquids makes sure you’re hydrated well enough and helps your bowel preparation fully clean out your colon.

### Day of your procedure

- **Four hours before** your procedure, drink the rest of the GoLYTELY solution.
- Continue a clear liquid diet.
- You may take your morning medicines with 4 ounces of water after finishing your GoLYTELY solution.
- **Three hours before** your procedure, stop drinking all liquids, including water.
- Your stool should be clear or yellow liquid. If you’re unsure whether your colon is clean, call your gastroenterology clinic (see the handout *Gastroenterology and Endoscopy Locations*).
- Bring the following to your procedure:
  - Health insurance card
  - Photo ID
  - Completed health history form
  - Adult to drive you or ride with you home