### GoLYTELY Magnesium Citrate 2-Day Colonoscopy Preparation

Preparing for your procedure

Your procedure is scheduled for: ________________________________

Please check in at: ___________ a.m./p.m.

Show your current insurance card and photo ID at check-in.

Doctor: ___________________________  Pharmacy: ___________________________

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<th>What you’ll need</th>
<th>7 days before your procedure</th>
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| Your prescription bowel preparation (see below) will be available at the pharmacy written in above 7 days before your procedure.  
• GoLYTELY (a laxative)—4-liter container  
• Bisacodyl—4 tablets that must contain 5 milligrams of Bisacodyl, such as Dulcolax laxative tablets (Don’t use Dulcolax stool softener.)  
• Magnesium citrate (a laxative)—10-ounce bottle | • Talk to your primary care clinician about stopping any:  
  » Anticoagulation medications, such as apixaban (Eliquis), dabigatran (Pradaxa), rivaroxaban (Xarelto) or warfarin (Coumadin).  
  » Antiplatelet medications, such as clopidogrel (Plavix).  
• Ask your primary care clinician for instructions if you take insulin for diabetes, have heart valve disease or have had heart valve replacement.  
• Stop taking multivitamins and other medications with iron.  
• **Arrange for a ride home from a licensed driver after your procedure.** Don’t take a bus, cab or ridesharing service unless an adult rides with you. Don’t ride a motorcycle. | • **Start eating a low-fiber diet.** A low-fiber diet helps make the bowel preparation more effective. See the handout Low-Fiber Diet Guidelines (#20953).  
• Stop taking Metamucil or FiberCon fiber supplements.  
• Drink at least eight 8-ounce glasses of water throughout the day. Cross out each square as you drink a glass. □□□□□□□□  
• Don’t drink any alcoholic beverages.  
• Complete the health history form provided along with these instructions. |

### 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.
### 2 days before your procedure

- **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.

You may have:

» 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 6 p.m.,** drink the 10-ounce bottle of magnesium citrate.

### 1 day before your procedure

- **Continue a clear liquid diet.**

- See the tips for colon cleansing in the handout *Colonoscopy: What to expect* (#13060).

- **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, including water.**

- **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*) before leaving for your procedure.

- **Bring the following to your procedure:**

  » Health insurance card

  » Photo ID

  » Completed health history form

  » Adult to drive you or ride with you home