GoLYTELY 1-Day Colonoscopy Preparation
Preparing for your procedure

Your colonoscopy is scheduled for: ___________________________ 
Please check in at: ___________ a.m./p.m.

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

Doctor: ___________________________ 
Pharmacy: ___________________________

<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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<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>• 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).</td>
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<td>• GoLYTELY (a laxative)—4-liter container</td>
<td>» Anticoagulation medications, such as apixaban (Eliquis), dabigatran (Pradaxa), rivaroxaban (Xarelto) or warfarin (Jantoven or 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>• Talk to your primary care clinician about stopping any:</td>
<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>
<td>• Continue eating a low-fiber diet.</td>
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<td>• Anticoagulation medications, such as apixaban (Eliquis), dabigatran (Pradaxa), rivaroxaban (Xarelto) or warfarin (Jantoven or Coumadin).</td>
<td>• Stop taking multivitamins and other medications with iron.</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>• Antiplatelet medications, such as clopidogrel (Plavix).</td>
<td>• 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.</td>
<td>• Don’t drink any alcoholic beverages.</td>
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<tr>
<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>• Complete the health history form provided along with these instructions.</td>
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<td>• Stop taking multivitamins and other medications with iron.</td>
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<td>• Don’t eat any solid foods after midnight.</td>
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<td>• 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.</td>
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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.”

- **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.

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

You may have any of the following:

- 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, including water.**

- **You may take your morning medications 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