### Colonoscopy Preparation (GoLYTELY Split Dose Prep)

Your prescription for GoLYTELY will be ordered one week before your exam at the pharmacy of your choice. Please pick it up at that time. To enhance the taste of GoLYTELY, ask for flavor packets at the pharmacy.

<table>
<thead>
<tr>
<th>3 days before the exam</th>
<th>2 days before the exam</th>
<th>1 day before the exam</th>
<th>The day of the exam</th>
</tr>
</thead>
<tbody>
<tr>
<td>If you haven't already done so, pick up your prescription for GoLYTELY at the pharmacy.</td>
<td>If you haven't already done so, pick up your prescription for GoLYTELY at the pharmacy. You will drink it tomorrow.</td>
<td>Begin a clear liquid diet. You can have water, clear broth or bouillon, coffee or tea (without milk or creamer), Gatorade, Powerade, Pedialyte, carbonated and non-carbonated soft drinks, Kool-Aid or other fruit flavored drinks, strained fruit juices (no pulp), Jell-O, popsicles and hard candy. <strong>NO RED OR PURPLE LIQUIDS.</strong></td>
<td>5 hours before your appointment time: Drink the remaining 1 liter (the rest of the bottle) of GoLYTELY.</td>
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<td>Start a low fiber diet.</td>
<td>Do not eat any solid foods after midnight.</td>
<td>Drink at least 8 glasses of water or clear liquids during the day.</td>
<td>Continue clear liquid diet, including water.</td>
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<tr>
<td>Stop any iron supplements.</td>
<td></td>
<td>At 6 p.m.: Begin drinking 3 liters of the GoLYTELY solution (3/4 of the bottle). Drink 8 ounces every 10 minutes until finished. If you vomit, wait 30 minutes. Then, begin drinking again, taking 6 ounces every 15 minutes</td>
<td>3 hours before your appointment time: Stop drinking liquids. (You may take your morning medicines with 4 ounces of water.)</td>
</tr>
</tbody>
</table>
| Arrange for your ride home after your exam:  
  - No cab or bus without someone riding with you  
  - Medical transport will have to walk you to your door  
  - Must be a licensed driver | | Please do not wear fragrant perfumes or lotions today. | |

**For questions after hours, call HealthPartners® CareLine service at 651-339-3663 or 800-551-0859.**

**Things to bring to the exam:**
- Someone to drive you home
- Insurance card
- Health history form

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