Colonoscopy Prep: Golytely

For 5 days prior to the exam: You must stop all iron supplements, multivitamins, fiber supplements, aspirin 325 mg, Excedrin, Goody’, BC’s and alka-seltzer. You may continue aspirin 81 mg daily for heart/stroke prevention.

Notify your GI specialist if you are taking any blood thinners (Ex: Plavix, Effient, Xarelto, Coumadin, Pradaxa, ASA, etc...). These will likely need to be held prior to your procedure to ensure your safety.

The entire day before your procedure (beginning at 12:01am) you will need to follow a clear liquid diet. (See clear liquid handout). No solid foods, alcohol or red/purple juices/liquids, popsicles or Jell-O.

Drink plenty of liquids the day before your procedure to be sure that you stay well hydrated.

The day of your procedure, nothing to eat after midnight. Nothing to drink after midnight except for your prep. If you take medications for blood pressure, pain, anxiety, seizures or breathing problems, take these with a sip of water the morning of your procedure.

Most patients with diabetes should not take oral diabetes medications the day of the prep or morning of the procedure and most diabetic patients on insulin should take ½ their dose of insulin the day before and no insulin the morning of the procedure. Patients on insulin should check their blood sugars regularly throughout the day and the morning of the prep. You can resume your medications after resuming your diet. If your diabetes is difficult to control or if you have further questions, contact your diabetes doctor for advice regarding adjusting your medications. The morning of your procedure, if your sugar is low, you may take a small amount (less than 4oz) of apple juice or other sweetened clear liquid.

Make sure to bring a driver who can stay with you for the entire procedure.

Bring a complete, up-to-date list of your home medications.

Directions

What you will need for the test: 2 Dulcolax tablets, 1 bottle of GoLytely.

At 3:00pm, the afternoon before your test, take 2 Dulcolax tablets with a large glass of water. At 6:00pm, mix the bottle of Golytely by shaking the solution until the GoLytely is dissolved.
Drink an 8oz glass every 10-15 minutes until half of the solution is gone. Continue drinking clear liquids until bedtime.

At midnight, finish drinking the remaining GoLytely solution over 2 hour (8oz every 15 minutes until gone). Do not eat or drink anything else after completing the GoLytely prep.