



GoLytely COLONOSCOPY PREPARATION

PROCEDURE DATE: _____ **ARRIVAL TIME:** _____

STOP taking phentermine 2 weeks prior to procedure. **NO illegal drug use 24 hours prior.**

NO aspirin, Advil, Motrin, Ibuprofen, Aleve, Excedrin, BC Powder or Celebrex, **3 days prior to test.** Tylenol is ok.

NO iron, vitamins or supplements, **3 days prior to test**

NO Metformin the day before or the day of your procedure.

IF you take blood thinners, your nurse will give you specific instructions for taking these prior to your procedure.

STEP 1 PICK UP your prescription GoLytely kit from your pharmacy by _____. Purchase a box of stool softener or laxatives.

THE DAY BEFORE YOUR TEST _____ / _____ :

STEP 2 begin your clear liquid diet.

CLEAR LIQUIDS

Water	Apple Juice	Clear Chicken Broth/Bouillon
Coffee (No Cream)	White Grape Juice	Clear Beef Broth/Bouillon
Tea	White Cranberry Juice	Plain Jello (Not Red)
Any Soft Drinks	Light Colored Gatorade	Light Colored Kool-Aid
Popsicles (Not Red)		

NO MILK, NO ORANGE JUICE, NO PRUNE OR TOMATO JUICE, **NOTHING RED OR PURPLE**, NO SOLID FOODS

STEP 3 8:00 am: Mix entire prep solution with Gatorade or any CLEAR Welch's or water. Take 4 stool softener or laxative tablets with a large glass of water.

STEP 4 Begin drinking prep solution at _____ : _____. Drinking an 8oz. glass every 30-40 minutes apart until half of the container is empty. Rest and set alarm for _____ : _____ to finish remaining prep.

You may continue to drink the clear liquids until MIDNIGHT

NOTHING TO EAT OR DRINK AFTER MIDNIGHT THE NIGHT BEFORE YOUR PROCEDURE UNLESS YOU ARE SCHEDULED IN THE AFTERNOON. IF SO, YOU MAY HAVE CLEAR LIQUIDS UNTIL 3 HOURS PRIOR TO PROCEDURE.

NO mints, gum or candy!

You may take your routine morning medications such as seizure, high blood pressure, breathing, heart and behavioral medications **with a sip of water 3 hours before your test.** DO NOT TAKE any diabetic or blood thinners without your doctor's specific instructions.

**YOU MUST BRING YOUR VALID ID (PICTURE PREFERRED) AND INSURANCE CARDS.
YOU MUST BRING A RESPONSIBLE ADULT (18 OR OLDER) THAT CAN DRIVE YOU HOME AFTER
YOUR TEST OR IT WILL BE POSTPONED! NO UBER/TAXI**

You should expect to be here 2 to 3 hours. Please call (901) 226-0536 for any scheduling needs.