

Gastroenterology Specialties, PC
GoLytely Split Dose Instructions – DR. E. BOWMAN

****IMPORTANT COLONOSCOPY DIET & PREP INSTRUCTIONS ****

General instructions for Colonoscopy

1. You will be contacted the week prior to the procedure to review your medical history, unless you have been seen in the office within 30 days.
2. Have a list of your medications available when the nurse calls. Medication instructions will be given to you at that time.
 - **Blood thinning medications such as Warfarin (Coumadin), Plavix, Pletal, Heparin, Aggrenox or Effient MAY need to be held for 5 days prior to the procedure.**
 - Aspirin MAY need to be held or the dose reduced prior to the procedure.
 - Arthritis medications such as Celebrex, Ibuprofen (Advil, Motrin, Nuprin) or Naproxen (Aleve) may need to be held prior to the procedure.
3. Do not stop any medications prior to your procedure unless you have been instructed to do so.
4. The prescription for your bowel prep will be sent to the pharmacy of your choice after you have been contacted for medical history and instructions.
5. **NO FLAX SEEDS, CHIA SEEDS OR FOODS CONTAINING SMALL SEEDS FOR 5 DAYS PRIOR TO YOUR PROCEDURE.**

THE DAY PRIOR TO YOUR PROCEDURE:

1. **CLEAR LIQUIDS ONLY** for **THE ENTIRE DAY** prior to your procedure. Clear liquids include water, broth, clear juices without pulp, black coffee, tea, sports drinks, flavored waters, Kool-Aid, soda and Jell-O (no fruit or toppings). Drink as much as possible throughout the day. Nothing red, blue or purple colored. **NO SOLID FOODS, MILK OR DAIRY PRODUCTS.**
2. **GOLYTELY INSTRUCTIONS:**
 - The morning before your procedure, empty 1 flavor packet of choice into the plastic container provided. Fill to the top line with lukewarm water, stir & refrigerate.
 - Begin drinking GoLytely at 5:00PM. Drink an 8oz glass every 15 minutes until the bottle is ½ gone. Refrigerate the remaining prep.
 - Continue to drink clear liquids to prevent dehydration. Drink at least 16oz of clear liquids of your choice after finishing each round of prep.

THE DAY OF YOUR PROCEDURE:

1. Four (4) hours before your check-in time, begin drinking the second ½ of GoLytely. Drink an 8oz glass every 15 minutes until gone. Follow with 16oz of clear liquid of your choice.
2. You may continue the clear liquid diet until 2 hours prior to your procedure, and then stop drinking.
3. Take only the medications you have been instructed to take prior to your procedure.
4. If you are diabetic, check your blood sugar before you come and bring the result with you.
5. You **MUST** bring a responsible adult to drive you home after your procedure. No public transportation.
6. Please review your post-procedure instructions before resuming any medications.