

## **GOLYTELY COLON PREP INSTRUCTIONS**

Prep instructions beginning **the day before** your procedure:

### **NO SOLID FOOD**

- Begin a clear liquid diet, and continue with clear liquids only for the entire day. Do not have any liquids you cannot see through. You may not have any solid foods until after your procedure. Drink plenty of extra liquids throughout the day. Please avoid clear liquids with RED or BLUE dye (such as red Jell-O or red popsicles). Examples of clear liquids include Black coffee or tea, sports drinks such as Gatorade or Pedialyte, Popsicles or Jell-O, Bouillon/broth (no solid particles), and Apple, grape or cranberry juice. Avoid drinking alcohol.
- Then mix solution by adding lukewarm water to top of line. Shake to dissolve powder. Refrigerate the solution-it will taste better when it is cool, really cold solution causes shaking and chills. Use within 48 hours.
- At 6pm start drinking 1 glass of solution every 10-15 minutes. A straw may help you drink more, faster. Continue drinking the solution until your rectal output is clear yellow, like urine. This usually takes at least  $\frac{3}{4}$  to the full gallon, but you will need to finish the whole gallon. If you become full or nauseated, stop for 30 minutes and then resume drinking again slowly. Remember to continue drinking additional clear fluids to prevent dehydration from the diarrhea or dizziness from low blood sugar.

### **Day of the procedure:**

- You can continue drinking water until three (6) hours before your procedure time. **VERY IMPORTANT:** 3 hours prior to your procedure you may have nothing by mouth including gum, water, mints, etc. Please do not have anything by mouth, even water within that three (3) hour period prior to the procedure. Doing so may cause cancellation of your procedure.

**If you have any questions, please contact the office at (425) 688-1916**