

## Colonoscopy

### Golytely Preparation Instructions

#### READ IMMEDIATELY

From a pharmacy purchase **four (4) Dulcolax Laxative** (bisocodyl) tablets **OR one (1)**, 10oz bottle of **Magnesium Citrate** (whichever you were told) and your **Golytely** preparation.

**Four (4)** days prior to your procedure **avoid**: salads, raw fruits, nuts, raw vegetables and seeds.

If you are a **DIABETIC** or on **blood thinners** (e.g. Coumadin, Plavix), contact our office for specific instructions. If you take aspirin, you may continue to take it. **Stop iron supplements** at least 5 days before the procedure. Take all other medications as usual, including *blood pressure* medications.

#### DAY BEFORE PROCEDURE

**CLEAR LIQUIDS ONLY!** No solid food is allowed until after your procedure is completed. You may take your medications. Examples of clear liquids: water, carbonated beverages, strained fruit juices, coffee, tea, broth, bouillon, gelatin. **Nothing red in color.** No milk products, alcoholic beverages, hard candy or gum.

At **3:00 pm** take two (2) Dulcolax laxative tablets **OR** drink the 10oz bottle of Magnesium Citrate.

Mix solution as directed on the Golytely bottle. Refrigerate.

At **5:00 pm** the day before your exam begin drinking 8oz of the solution every 30 minutes until the bottle is ½ empty. Drink each glass rapidly to ensure effective results. It may take a few hours before your first bowel movement. Every patient is different. The time of first bowel movement will vary.

**If you feel nauseous or bloated, you may stop drinking the solution, drink some clear broth or tea, and wait for the feeling to pass, begin drinking the solution again.**

Drink an additional six (6) 8oz glasses of clear liquids prior to the start of the second half of the Golytely solution.

At **bedtime** take two (2) more Dulcolax tablets.

#### DAY OF PROCEDURE

**Five (5) to Six (6) hours** prior to your scheduled procedure drink the remaining ½ bottle of the solution and then nothing more to eat or drink before your procedure. **YOU MUST DRINK THE WHOLE BOTTLE!!** This step must be completed **4 hours** before your scheduled exam.

\*\*\*\*\* Any questions please call (585) 720-1550. \*\*\*\*\*

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