Gastroenterology Associates of Texas, PA

Adult Gastroenterology, Hepatobiliary & Pancreatic Disorders
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Colonoscopy Preparation Instructions

Golytely

BEFORE YOUR PROCEDURE. No aspirin, Plavix, Coumadin, or non-steroidal anti-inflammatory blood thinning products for 7 days prior to the procedure. Nothing to eat or drink after midnight prior to the procedure. Arrive 2 hours early, and arrange for a ride home after your procedure is over.

Day Before the Procedure

Your clear liquid diet starts at 12:01 AM the day before your colonoscopy. Start drinking clear liquids immediately upon awaking. It is very important to avoid solid foods the day before your colonoscopy. You are allowed clear liquids only.

- Start drinking Golytely between 2 PM and 4 PM, no later than 6 PM.
- Drink the 1 gallon of Golytely over 3 to 6 hours.
- You will receive a prescription for Golytely.
- Mix Golytely with water early in the morning and place it in your refrigerator.
- **Do not add ice.**
- You may add 1 packet of Crystal Light (lemon flavor only) to the gallon to improve the taste.

You may continue with your clear liquid diet all day until midnight.

Morning of the Procedure

Between 4 AM and 6 AM, give yourself 1 Fleet Enema before coming to the facility for the colonoscopy. Fleet Enema may be purchased from any store or pharmacy; no prescription is needed.

Clear Liquid Diet

- **No solid food at all.**
- **No dairy or non-dairy products** allowed.
- **Do not eat or drink anything red or purple in color.**

Acceptable clear liquid choices include:

- Clear chicken, beef, and bone broth
- Gatorade, Powerade, Propel
- Lemonade
- Apple juice
- White cranberry juice
- Water and flavored bottled water — **see The Clear Liquid Prep for how much to drink**
- Coffee, with no creamer or milk
- Tea, herbal tea, green tea
- Pedialyte
- Jello or gelatin, plain, with no Cool Whip or fruit
- Popsicles and Italian ices
- Sodas such as Sprite, 7-Up, and ginger ale

No fruits or vegetables should be eaten the day before the procedure.

IMPORTANT. Please follow the colon prep instructions given to you by our office only. Do not go by the instructions on or in the box, internet instructions, or pharmacy instructions. Your procedure will be cancelled and rescheduled if the colon prep is not adequate.