

GoLytely Bowel Prep Instructions

1. On the day before your procedure:

- **(In the morning)** Fill the gallon jug containing golytley power to the fill line with lukewarm water.
- Cap the jug and shake to dissolve the powder, and then place in the refrigerator.
- Starting at [] PM begin drinking **(1) 8 oz. glass every 30-45** minutes until half of the solution from the jug has been consumed.
- After you drink half of the solution in the container, place the jug back in the refrigerator until the next morning (day of your procedure)
- Take 2 capsules of the Simethicone 180 mg oral capsule with evening prep

2. Starting the morning of your procedure:

- Begin drinking the other half of the jug at [] AM. Make sure you drink **(1) 8 oz. glass every 15 minutes** until you have consumed all the solution. After you finish the other half of the jug, **do not consume any more clear liquids after []**.
- Take 1 Capsule of the Simethicone 180 mg oral capsule with morning prep

PLEASE DO NOT EAT, DRINK, SMOKE, OR CHEW 3 HOURS PRIOR TO YOUR EXAM!!

****PLEASE STOP IRON, OR BLOOD THINNERS 5 DAYS BEFORE!****

Unless specifically instructed otherwise by your physician, keep taking all of your other regularly prescribed medications including aspirin

Someone must be with you to drive you home the day of your procedure.

You will need to arrive at:
The Medical Center, Greenview Surgery Center, or Greenview Hospital



Department of Gastroenterology
484 Golden Autumn Way Suite 201
Bowling Green, KY 42103
Phone: (270) 781-5111 Fax: (270) 780-0475
www.gravesgilbert.com/departments/gastroenterology

Diet Prior to Colonoscopy

If taking Plenvu prep (may consume fiber-free lunch in addition to breakfast)

If taking Clenpiq prep (clear liquids all day, no fiber-free food all day)

On the day prior to the colonoscopy:

Eat a fiber-free breakfast **NO SUBSTITUTIONS TO ANY OF THE FOODS!** as follows:

BREAKFAST

30 grams (1 ½ ounces) of cheese OR two eggs (fried/boiled)

(for example, you could make 2 grilled cheese sandwiches OR 2 fried egg sandwiches)

½ cup of milk, ¼ loaf of white bread (no more than 4 slices – **WHITE BREAD ONLY)**

1 tbsp of olive oil or butter (used to cook with)

Clear liquids for the rest of the day:

Tea (Hot or Cold)

Water

Colas-Coke, Diet Coke, Sprite, Ginger Ale, etc. Any flavor (**NO RED**)

Bouillon or Clear Broth

Jell-O Plain, no fruit added and any flavor (NO RED)

Popsicles (**NO RED**)

Apple Juice

Gatorade (**NO RED**)

Black Coffee – **no creamer added**

Cranberry juice – this juice is okay because it's a natural red

Grape Juice

Kool-Aid any flavor but **NO RED**

Crystal Light any flavor but **NO RED**

On the day of the Colonoscopy:

Nothing to eat or drink other than colon prep and a sip of water with morning medications.

Exceptions:

If the patient has constipation, then diet instructions may be adjusted by physician