

Colonoscopy Preparation Instructions

Same Day Go-Lytely Prep for Afternoon Colonoscopy



Appointment date:

Appointment time (please arrive 1 hour early):

Checklist items:

- Arrange for an escort to take you home** after your procedure
 - A responsible adult must accompany you home
 - If you do not have an escort, your procedure may be cancelled

- Review the Medication Management Instructions**
 - If you are taking blood thinners, medications for diabetes or GLP1 medications for weight loss, you may need to stop them or adjust the dose before your procedure

- Fill prescription for bowel prep**

Location and contact information:

Moakley building 2nd floor (Suite 2200)
830 Harrison Avenue
Boston, MA 02118

for Endoscopy scheduling:
617-414-2600, option 1

for Endoscopy nurse's station:
617-414-2420

GI doctor on nights/weekends:
617-638-7243

IMPORTANT INFORMATION

"3-2-1" Diet and prep instructions:

3 days before appointment:

- Begin a **low fiber diet** (see provided list)

2 days before:

- Prepare the "Golytely" laxative solution and place in refrigerator

1 day before:

- Begin a **clear liquid diet only** (see examples below)
- Review **Medication Management Instructions** again

DAY of PROCEDURE

- **@ 6 AM: Drink the entire laxative solution**
 - Drink 1 cup every 10-15 minutes
 - You must finish *at least 2 hours before* your appointment

- **You may continue to drink clear liquids *until 2 hours before your appointment***

- **Arrive 1 hour before your procedure time**

Acceptable Clear Liquids:

Water, clear soda, sports drinks

Juice with *no pulp*, Jell-O, ice pops

Black coffee or tea with *no milk or cream*

Clear broth (with no fat/oil)