

Colonoscopy Preparation Instructions

Standard Go-Lytely Prep – Split Dose



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

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 the **Medication Management instructions** again
- @ 6 PM: **Drink half of the laxative solution** – 1 cup every 10-15 minutes

DAY of PROCEDURE

- **Early AM: Drink the rest of the laxative solution**
 - 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**

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

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)