



PRE-PROCEDURE INSTRUCTIONS FOR COLONOSCOPY

Go-lytely 2-day BOWEL PREP

2-DAYS BEFORE THE PROCEDURE

1. Stop eating seeds, nuts, popcorn, and whole grains.
2. Stop taking all anti-inflammatory medications (Advil, Aleve, Motrin, Naprosyn, Ibuprofen, NSAIDS, etc.)
3. Drink at least 8 glasses of water
4. Do not eat any solid food after midnight

THE DAY BEFORE THE PROCEDURE

1. **No smoking or chewing tobacco 24 hours before your procedure.**
2. Begin a non-alcoholic CLEAR liquid diet –clear juice, Jell-O (no red or blue), popsicles, broth, Gatorade, tea, coffee (black), 7-up, ginger ale etc. If you can pour it in a clear glass and see through it, it is probably ok to drink. **NO** milk products, cream soups, juices with pulp, etc.
3. Continue drinking plenty of clear liquids up until 12:00 midnight to avoid dehydration.
4. After midnight, take **NOTHING BY MOUTH**, which includes water or fluids, candy, mints, gum, lozenges, or tobacco products.
5. Fill the plastic jug containing the laxative powder (Go-lytely) with water and shake the container well until the powder is dissolved, then refrigerate.
6. **Follow ONLY the instructions next to the CHECKED box for step 6:**

- At 1:00 pm, begin drinking the Go-lytely 1 full glass every 15 minutes until it is gone. Try to drink a full glass instead of sipping each time.

OR

- At 11:00 am, begin drinking the Go-lytely 8oz every 15 minutes until half (1/2) of the Go-lytely drink is gone. At 4pm, drink the remaining Go-lytely, still 8 oz every 15 minutes until it is gone.

ARRIVAL TIME: Please plan to check in at the front desk at the hospital at _____ on _____.

Please arrange for transportation home following your procedure. You will NOT be allowed to drive or walk home yourself. Please also plan on having only one adult visitor.

CONTACT INFORMATION

If you have any questions, please call our office at 360-496-3517. Office hours are Monday through Thursday from 8:00 am to 4:00 pm. If you have questions or problems completing your bowel prep after clinic hours, please call the hospital at 496-5112 and ask for the Nurse's Station.