



Dr. Simon Cofrancesco
Dr. Sergio Quijano

GOLYTELY BOWEL PREP FOR COLONOSCOPY (SPLIT DOSE)

1 WEEK BEFORE THE EXAM

- Please inform your doctor if you take insulin, diabetes medications, Clopidogrel (Plavix), Warfarin (Coumadin), Pradaxa or other blood thinners.
- Please follow your doctor's specific instructions regarding these medications.
- Pick up the colon cleansing medication from your pharmacy.

3 DAYS BEFORE EXAM

- **Do not eat** fruits, corn, beans, nuts, or any food with seeds

1 DAY BEFORE EXAM (Date) _____

- **No solid food all day** – only **clear liquid diet (NO RED OR PURPLE color)**, including:
 - Water, clear broth, coffee or tea (without milk or creamer)
 - Sport Drinks such as Gatorade, Powerade, Propel or Vitamin Water (NO RED OR PURPLE)
 - Fruit flavored drinks such as Crystal Light, Kool-Aid, Capri Sun (NO RED OR PURPLE)
 - Apple juice, white cranberry juice, carbonated beverages or soda (NO RED OR PURPLE)
 - JELL-O, Italian ices, ice popsicles, sorbet, hard candy (NO RED OR PURPLE)
 - NO juice with PULP or MILK
- **BOWEL PREP INSTRUCTIONS:**
 - In the morning, add lukewarm water to the top line on the bottle. Put the cap on the bottle and shake to dissolve the powder. Place the mixed solution in the refrigerator to keep cold.
 - At 6pm, begin drinking the prep. Drink an 8oz cup every 15 minutes until 2 liters (64 oz.) of the prep solution is gone. The bottle should be half empty.
 - Your first bowel movement will start 1-2 hours after starting the prep.
 - Continue drinking clear liquids (the more liquids the better) until midnight.

DAY OF THE EXAM (Date) _____

- **FIVE HOURS (at _____ AM)** prior to your scheduled procedure time, drink the final 2 liters (64 ounces). This means one 8oz cup every 15 minutes until bottle is empty
- Please stop drinking **THREE HOURS (at _____ AM)** before your procedure time.
- DO NOT EAT ANY SOLID FOOD.
- DO NOT DRINK ANYTHING **3 HOURS** PRIOR TO YOUR PROCEDURE
- Please take your heart and blood pressure medications with a small sip of water.
- Please arrive to the outpatient surgery center/ hospital **1.5 hours** before your procedure time.
- Please make sure you have an adult over the age of 18 with you the ENTIRE TIME of the procedure.