

Getting Ready for Your Colonoscopy using Golytely

Your Test Date: _____
And Test Time: _____

Location: Sharp Grossmont Hospital

Do these things 7 Days Before your test:

- **Arrange a ride:** you will be given medicine that makes you relax and be sleepy, so you cannot drive a car or take a bus home.
- **Stop taking:** aspirin and other anti-inflammatory drugs, such as: Nuprin, Bufferin, Anacin, Advil, Motrin, Indocin, Voltran, Aleve, Ecotrin, Relafen, Alka Seltzer, Naprosyn, Voltaren.
- It is ok to take Tylenol.
- If you are taking **Coumadin or Plavix, or if you are diabetic**, call your doctor for special instructions

Do these things 3 Days Before your test:

- **If you need to cancel your appointment**, please call _____ at Dr. _____ office
- () _____ **ext. _____**, at least 24 hours (one full day) before your test.
- **Review the diet you need to follow for the next 2 days.** Plan your meals according to this diet. Examples are on the back.

Do these things 2 Days Before your test:

- **Drink at least 8 glasses of water throughout the day.**
- **Stop eating seeds, popcorn, nuts, and whole grains. Examples are on the back.**
- **Do not eat any solid food after midnight**

Do these things 1 DAY BEFORE your test:

- **Start a clear liquid diet.** If you put a liquid in a clear glass, and you can see through it, it is ok to drink. Examples of what you can drink are on the back of this page.
- **Do not drink:** juices with pulp, milk, cream.
- **Do not drink any alcohol!**
- **Do not eat** any solid food today.
- Fill the plastic Golytely jug with water. Shake the jug until the powder is mixed. Then put it in the refrigerator.
- **4:00 pm:** Start drinking the Golytely liquid. Drink one full glass every 10 to 15 minutes until it is gone. Try to drink one full glass at a time instead of taking small sips. **It will help if you suck on a lime or take sips of broth to clear the taste between glasses of Golytely.**
- **Continue to drink clear liquids for the rest of the day and Do Not eat any solid food.**
- The Golytely you are drinking will make you go to the bathroom many times. This is needed so you will have a clean colon for your test. **Use Vaseline or Baby wipes on your bottom. This will help it to not become so sore.**
- If any questions or problems finishing the Golytely call Dr. _____ office at: _____

Do these things ON THE DAY OF your test:

- Take your normal pills (**except** Coumadin or Plavix if it is ok with your doctor) with sips of water.
- You may have small amounts of clear liquids but stop drinking 3 hours before the test.
- Bring the person who is driving you home with you to the hospital.

Comments: