Getting Ready for Your Colonoscopy using Golytely

Your Test Date: ____________
And Test Time: _______________
Location: Sharp Grossmont Hospital

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 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.

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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**

Comments: