

Procedure Date: _____ **Arrival time:** _____

SEVEN days before your procedure

- If you take **insulin or blood thinners** contact your provider for specific medicine instructions.
- Confirm your procedure date and arrival time.
- Eat your regular diet.
- Stop taking Fish oil supplements.

FIVE days before your procedure

STOP eating foods that are high in fiber like beans, raw fruits and vegetables, nuts and seeds.

STOP taking fiber supplements like Metamucil, Citrucel, and Fiberall.

Purchase your prep items:

- Four – 5 mg Bisacodyl tablets
- Four - 125 mg Simethicone tablets
- Two GoLyteLy® Prescription Preps from your preferred pharmacy
- Clear liquids – see list below

TWO days before your procedure

Do not eat any solid food today! Drink the prep solution and clear fluids.

8:00 am:

- Mix the first bottle of GoLyteLy powder with water, shake well and put the bottle in the refrigerator.
- Drink clear fluids all day while you are awake.

12:00 p.m. (noon): Take two (2) Dulcolax tablets with a glass of water.

5:00 p.m: Begin drinking the GoLyteLy prep solution. Using a straw, drink one (1) glass of the solution every ten minutes until the bottle is empty.

optional add one flavored drink mix packet to the prep bottle (no red or purple)

ONE day before your procedure

Do not eat any solid food today! Drink the prep solution and clear fluids.

8:00 am

- Mix the second bottle of GoLyteLy® powder with water, shake well and refrigerate
- Drink clear fluids all day while you are awake.

5:00 p.m:

- Begin drinking the GoLyteLy prep solution. Drink one (1) glass of the solution every 10 minutes until ¼ of the prep solution is left.
- Refrigerate the GoLyteLy.

optional add one flavored drink mix packet to the prep bottle (no red or purple)

6:00 p.m: Take two (2) Simethicone tablets with a glass of water. Continue to drink clear fluid while awake.

Procedure Day

Drink only the prep solution and water today!

- Five (5) hours before your scheduled procedure, remove the prep solution from the refrigerator. Shake the bottle well. Drink one (1) glass of the solution every 10 minutes until the bottle is empty.
- Four (4) hours before your procedure, take two (2) Simethicone tablets and any AM medicines with a glass of water. **STOP** drinking ALL fluids four (4) hours before your procedure time.

Two (2) hours before your procedure, if you still have brown or solid stool, call and talk to a nurse (919) 684-6437.

***Clear Liquid Diet Details: Do NOT drink anything that is RED or PURPLE in color. NO DAIRY.**

Approved Clear Fluids:

- Clear sodas, black or green tea
- Clear juices, fitness waters
- Popsicles without pulp
- Chicken, vegetable and beef broth
- Gelatin, Italian Ice, Sports Drinks

Avoid ALL of these fluids:

- No milk/dairy
- No juices with pulp
- Nothing that is **RED or PURPLE in color**
- Mello-Yellow and Mountain Dew sodas have caffeine



After your second dose of preparation, your stool results should be clear yellow or green



For any questions about your colonoscopy preparation please contact Duke GI (919) 684-6437