

## **PREPARATION FOR COLONOSCOPY USING GOLITELY/COLYTE SOLUTION**

This cleansing preparation is available by prescription only. Your pharmacist will give you a one gallon container with flavored powder. You will be given instructions to fill the container with water. It is best to mix the solution the morning of your preparation and put it in the refrigerator so that it is chilled when you drink it later that day.

### **ON THE DAY PRIOR TO YOUR PROCEDURE:**

1. You will be on a clear liquid diet all day, beginning with breakfast. This consists of black coffee, tea, clear juice such as apple juice or white grape juice, broth, jello (except for red jello), soda pop, and sports drinks, such as Gatorade. Sports drinks are especially encouraged because they have electrolytes to keep you hydrated.
2. Begin drinking the gallon solution at approximately 6:00pm. (Note: If you are scheduled for an afternoon procedure, you may start drinking the solution at approximately 7:00am *the morning of* your procedure.)
3. Be sure to consume plenty of liquids throughout the course of this preparation so that you do not become dehydrated or hungry.

### **ON THE DAY OF YOUR PROCEDURE:**

1. Your clear liquid diet may continue up to four hours prior to your procedure.
2. Take a list of your medications with you to the hospital.
3. Please have a friend or relative drive you to and assist you home from the hospital. Upon arriving home, be sure to rest and consume more liquids. This will allow your body time to eliminate the medications and sedatives given at the time of the colonoscopy. Usually by supper time you will be able to tolerate a light meal. Do not plan any vigorous activities or heavy meals the day of your procedure.