



biome

GASTROENTEROLOGY
AND DIGESTIVE HEALTH

Colonoscopy Preparation Instructions with Golytely and Dulcolax

Important Notes:

- **Read these instructions carefully at least 3 days before your procedure.**
- If you take any **blood thinners, diabetes medications**, or have specific medical conditions, consult your doctor before following these prep instructions.
- **Arrange for a ride** home after the procedure, as you will be sedated and unable to drive.

Supplies Needed:

- **Golytely** solution (prescription from your doctor)
- **Dulcolax (bisacodyl)** 5 mg tablets (you will need 2 tablets)

3 Days Before Your Colonoscopy

1. Begin a **low-fiber diet**. Avoid seeds, nuts, whole grains, raw vegetables, fruits with skin, and high-fiber foods.
2. **Stay hydrated** by drinking plenty of water throughout the day.

1 Day Before Your Colonoscopy

Morning

- **Clear liquid diet only** for the day.
- **Clear liquids** include water, clear broth, apple juice, clear sports drinks, tea, black coffee (no milk or cream), popsicles, and Jell-O (no red, purple, or blue colors).
- **Avoid** dairy products, solid foods, and any red, purple, or blue liquids.

4:30 p.m. (the day before your procedure)

1. **Take one Dulcolax tablet** with 8 oz. of water.

5 p.m.

1. **Mix the Golytely solution** as per package instructions.
2. **Begin drinking the Golytely solution:**
 - Drink a glass of Golytely every 15 minutes until you've finished **half** of the solution.
 - This should take about 2 hours. If you feel bloated or nauseous, take a short break, then continue.

12:30 AM

1. **Take one Dulcolax tablet** with 8 oz. of water.

1 AM

1. **Resume drinking the Golytely solution** (the remaining):
 - Drink a cup every 15 minutes until you've finished all the solution.
 - You may continue to have bowel movements throughout the night, which is normal.

Day of Your Colonoscopy

1. **Do not eat any food or water after midnight.**
2. **Stop drinking all fluids** (including water) by **3 AM** before your procedure.
3. If you have any morning medications, it is OK to take them with a small sip of water.

Tips and Reminders:

- You may experience frequent bowel movements and diarrhea. This is normal during bowel prep.
- Your stool should become clear or light yellow (color of urine) as you approach the end of the prep process.

Improving the taste of GoLYTELY for colonoscopy prep can make it easier to drink. Here are some tips:

1. **Chill It:** Refrigerate the solution before drinking—it tastes better cold.
2. **Flavor It:** Add sugar-free flavor packets (e.g., lemon or lime). Avoid red or purple colors.
3. **Drink Through a Straw:** Place the straw toward the back of your mouth to avoid the taste.
4. **Rinse After:** Follow each sip with a sip of clear juice or water to cleanse your palate.

By carefully following these instructions, you'll help ensure a successful and accurate colonoscopy. If you have any questions, don't hesitate to reach out to our office during our office hours at **970-315-1870**.