|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| |  |  | | --- | --- | | X:\Rebecca\GTGI LOGO\GTGI-logo.jpg |  | |  |  | | **Colonoscopy Prep with Golytely Split dosing**  In advance, purchase the Golytely prep kit at your local pharmacy. One day before your procedure you will need to be on a clear liquid diet. Please drink as much liquid as possible. The more clear liquid you drink will help decrease cramping during the prep process.  THE DAY BEFORE YOUR PROCEDURE   * Clear liquids are food that you can see through * Avoid all substances red, purple in color (it can look like blood) * Limit caffeine and alcoholic beverages (1 or 2) * No dairy products * Suggested foods: Apple juice, herbal tea, broth or bouillon (no crackers), soda, Kool-Aid, white grape juice, Jell-O Gatorade, plain hard candy, popsicles, seasonings, (sugar, honey, substitutes, salt, Mrs. Dash)   In the morning prepare your Golytely solution and refrigerate. You will need to drink the prep as per the instructions listed below:  **The Evening before your Procedure:** Drink the first half a gallon at 6:00 PM  **Morning of your Procedure:** Drink the second half a gallon  5 hours before arrival time  The facility will call you to confirm the arrival time. Times are subject to change.  You can take any necessary medications the morning of your procedure. |  | |

|  |
| --- |
|  |