

My Colonoscopy Prep Calendar GoLyteLy

Patient name:
Physician:
Procedure Date:
Arrival Time:



**7 Days
Prior to
Appt.**



**5 Days
Prior to
Appt.**



**3 Days
Prior to
Appt.**



**1 Day
Prior to
Appt.**



**Procedure
Day!**

- Pick up** your bowel prep at the pharmacy. It will be a gallon container with powder mix inside. Do not add any water until the day before your colonoscopy. Use the instructions on this sheet on '1 Day Prior' **DO NOT** use the instructions provided on the GoLyteLy box.
- If you use our patient portal to check **upcoming appointments** please **disregard** this information for your procedure is in our endoscopy suite.
- Stop taking Iron supplements and multivitamins.
- If you are taking blood thinners, such as Coumadin, you will receive additional instructions guided by your prescribing physician.

- Confirm with the person who is providing you a ride home. You must have a ride home as you will be receiving sedation (**NO TAXIS, Lyft, or Uber by yourself**). Please inform your escort that the visit will take 1 ½ -2 hours.



- Stop** eating seeds, nuts, corn, any vegetables with a skin, and beans.
- If you are unable to make your appointment please call, 603-580-7892.
Core Gastroenterology requires 72 hours notice for cancellations

- No solid food, dairy, juice with pulp, alcoholic beverages, and nothing red, orange, or purple in color.
- ONLY** clear liquids allowed: Sports Drinks (**no red, orange, or purple**), apple juice, white grape juice, ginger ale, clear broth/bouillon, water, coffee/tea without milk, clear carbonated beverages, Jell-O, popsicles, and Italian Ice.
To stay hydrated, drink at least 8 glasses of clear liquid in addition to the bowel prep.
- Early in the morning mix the GoLyteLy: Fill the container with warm water, shake until powder is dissolved, and refrigerate.
- Starting at 6:00 pm, drink one 8 OZ. glass of GoLyteLy preparation every 15-20 minutes until ½ Gallon is consumed (approximately 8 glasses). If you get nauseated, stop for 30 minutes to 1 hour, then start again at a slower pace. You will begin to have loose stools 1-2 hours after you start drinking the GoLyteLy.
- If you are unable to finish your prep or have not had a bowel movement three hours after drinking the evening dose, call the hospital at 603.778.7311 as soon as possible and ask for the GI nurse.**

- Please **take** your morning medications with a sip of water at least two hours prior to your procedure time.
- 5 hours prior to your arrival time**, drink the remaining ½ gallon of GoLyteLy (one 8 oz glass every 15 minutes until gone).
- Stop** drinking all liquids including the bowel prep 3 hours before you are due to arrive at the hospital.
- No chewing gum or hard candy 3 hours prior to arrival.**



Check each box daily to ensure proper prep 



Helpful Tips

- You will need to contact the doctor who prescribes your diabetic medications for pre procedure instructions.
- Questions may be directed to (603)-580-7892.
- Please secure a ride home for the day of your procedure. You should plan to be there for 1.5-2 hours. You will need to make sure you confirm your ride, and your ride is available and reachable during your procedure time.
- You can try biting down on a lemon before drinking the prep to improve the taste.
- Drinking the GoLyteLy cold and adding a Crystal Light flavor packet (not red) can improve the taste. Drink with a straw.
- To decrease discomfort around the perianal region, use wet wipes instead of toilet paper and apply Vaseline or A&D Ointment to the rectum.
- If you wear contacts, you will be asked to remove them prior to the procedure.
- You will be asked to remove jewelry before your procedure and you should consider leaving valuables at home.
- Please check with your insurance carrier regarding their coverage of this procedure, a pre-authorization may be required.
- If you are within child-bearing age, you may be asked for a urine specimen prior to your procedure.