

PATIENT INSTRUCTIONS FOR GO-LYTELY BOWEL PREP

THE DAY BEFORE THE PROCEDURE

Drink only clear liquids for breakfast, lunch and dinner.

YOU MAY NOT HAVE:

- Dairy products
- Anything red or orange in color
- Alcohol of any kind

YOU MAY HAVE:

- Chicken bouillon
- Clear fruit juices (apple, white grape)
- Jell-O (lemon or lime only) Popsicles or water ice (lemon or lime)
- Soft drinks, coffee or tea/ NO milk

AT 2:00 PM - THE DAY PRIOR TO THE PROCEDURE, drink 8 ounces of Go-Lytely every 10 minutes until you have consumed a total of 4 liters.

YOU MAY NOT HAVE ANYTHING TO EAT OR DRINK AFTER MIDNIGHT

MEDICATIONS: If you need to take medications in the morning prior to your procedure, you may do so with a very small sip of water (just enough to get the medications down.) If you are diabetic, do not take your diabetes medication the morning of the procedure. You may bring the medication with you, and you can take it after your procedure.

Please notify our office if you are taking: Coumadin, Persantine, Trental, Plavix, or any other heart medication.

IF YOU ARE TAKING MEDICATIONS FOR PAIN: Aspirin, Bextra, Vioxx, Naprosyn, iron tablets or vitamins containing iron, ASA, or ASA containing products (such as Alka Seltzer or Excedrin or NSAIDS such as: Ibuprofen, Naprosyn, Aleve or Motrin)—Please hold these 5 days before your procedure. You may take Tylenol as a substitute.

**YOU WILL BE GIVEN SEDATION AT THE TIME OF THE PROCEDURE; THEREFORE,
YOU WILL NEED SOMEONE TO DRIVE YOU HOME FROM THE FACILITY.**

**YOU ARE NOT PERMITTED TO DRIVE FOR A PERIOD OF 24 HOURS AFTER THE EXAM.
YOU ARE NOT PERMITTED TO USE PUBLIC TRANSPORTATION OR A TAXI SERVICE UNLESS YOU ARE
ACCOMPANIED BY A RESPONSIBLE ADULT.**