

## Bowel Preparation Instructions:

### Procedure Before 1 p.m.

### Golytely / Dulcolax

It is very important to follow all the instructions to prepare for your colonoscopy. Your body must be clean, so the doctor can see during the colonoscopy. Many patients feel that the bowel preparation is the hardest part of the colonoscopy.

#### Preparing for the test

The day before your test you will need to prepare. Do not eat any solid foods the **entire** day before your test. You will be using a **Golytely and Dulcolax** bowel preparation to clean out your colon.

Please follow all instructions carefully. If you do **not** follow the directions properly then your colonoscopy maybe **cancelled**. To get ready for your colonoscopy, you will need to buy items for the bowel preparation.

#### Medications to buy:

- Four Bisacodyl/Dulcolax tablets (5mg). Make sure these can be taken by mouth/orally.  
(No prescription is needed for these tablets.)
- **Check with your pharmacy and fill your prescription for Golytely/Nulytely/Colyte.**

#### From your grocery or convenience store:

- Packets of Crystal Light to help the prep taste better. Make sure that it is **not red or purple colored**. (Optional)

You will receive a phone call from a nurse and/or from registration 5 to 7 days before your test. They will ask questions to help get you ready for your test, to talk about your health; and to help you understand which medications you can or cannot take before the test. If you have **ANY** questions regarding these instructions, please call us at **(320) 229-4974**, Monday through Friday between 8:00 a.m. and 4:30 p.m. You may also call us toll free at 1-844-795-1734. If you need to reschedule your appointment, please call **(320) 229-4933**.

## Five (5) days before your colonoscopy

- **Avoid** taking medications that will stop diarrhea – Examples: Imodium or Pepto-Bismol.
- **Avoid** taking fiber medications or supplements – Examples: Metamucil or Citrucel.
- **Avoid** taking iron supplements or products that contain iron – Example: Multi-vitamins.
- **Avoid** taking vitamin E supplements or medications.

## Three (3) days before your colonoscopy

- **Begin a low fiber diet – Avoid** eating high fiber foods – Examples: Popcorn, seeds (flax seeds, sunflower, and quinoa), multigrain breads or pasta, nuts, granola, salads, raw vegetables, or fresh and dried fruits. Limit the amount of meats.

## Two (2) days before your colonoscopy

- Increase your water intake (eight glasses of water is recommended)

## One (1) day before your colonoscopy

- Only drink clear liquids the **entire day** before your colonoscopy. Do **not** eat any solid foods.
- **At 9 a.m.**, take 4 tablets of Bisacodyl/Dulcolax. Add water to your container of Golytely/Nulytely/Colyte and shake well. Place Golytely in the refrigerator.
- If you would prefer to drink the prep at room temperature, you make take it out of the fridge at **1 p.m.**
- **At 3 p.m.**, start drinking the Golytely/Nulytely/Colyte prep. Drink an **eight-ounce glass every 15 minutes** until you have finished **all** of it. It will take you four to six hours to finish drinking it. You must finish drinking **all** your prep mixture.
- You will want to be near a bathroom once you start drinking your prep mixture. You will have diarrhea and will need to be able to reach a bathroom quickly. Some people may feel nauseous, bloated, or vomit. If this happens, take a 15-30-minute break and then try drinking the prep mixture again.
- You may add a Crystal Light packet to each **glass** to improve the taste of the prep.
- **At midnight** stop drinking clear liquids and should be done drinking your prep by this time.

## Day of your colonoscopy

- You may drink **water** until **four hours** before your scheduled arrival time.
- You may take your medications in the morning with a sip of water only.
- Remember **do not eat any solid foods**.