Patient Education

Bowel Preparation Instructions:
Procedures After 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 your test. 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 per day)

One (1) day before your colonoscopy

- Only drink clear liquids the **entire day** before your colonoscopy. **Do not** eat any solid foods.
- You will be **splitting** your bowel preparation. You will drink **half** of your bowel preparation the evening before the colonoscopy and the other half the morning of your test.
- **At 9 a.m.**, take four 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 may take it out of the fridge at **1 p.m.** Your may add a crystal light packet to each **glass** to improve the taste of the prep.
- **At 3 p.m.**, start drinking the Golytely/Nulytely/Colyte prep. Drink an **eight-ounce glass every 15 minutes** until you have finished **half** of it. It will take you two to three hours to drink **half** of it.
- Some people may feel nauseous, bloated, or vomit. If this happens, take a 15-30-minute break and then try drinking the prep mixture. You will want to be near a bathroom once you start drinking your prep mixture. You will need to be able to reach a bathroom quickly.

Day of your colonoscopy

- **At 6 a.m.**, start drinking the last **half** of your bowel preparation. Drink an **eight-ounce glass** every 15 minutes until the bowel preparation is finished. This will take you about two to three hours.
- You will need to finish drinking the bowel preparation by **9 a.m.**
- You may drink water until **four hours** for your scheduled arrival time.
- You may take your medications in the morning with a sip of water.
- Remember **do not eat any solid foods**.