

## 4 Liter Split Colonoscopy Preparation Using Golytely/Peg

**PLEASE FOLLOW ALL INSTRUCTIONS:** Please complete the prep as directed. An incomplete prep can lead to a poor exam. Please avoid red, blue and purple liquids and soy products and juices with pulp or sediment. If you are experiencing vomiting repeatedly (more than twice) please take a 30 minute break, drink warm liquids, walk around and slowly resume your prep.

### 2 DAYS BEFORE YOUR TEST:

Avoid raw fruits and vegetables, cooked corn, salad, red meat, beets, nuts, seeds and granola.  
Multivitamins containing iron.

**At least two days before the test you will need to obtain the following from your pharmacy:**

Four (4) bisacodyl 5 mg tablets, available over the counter  
NuLytely/GoLytely/Colyte/PEG-3350, available by prescription  
Four (4) Simethicone pills (125 mg) over the counter

### ONE DAY BEFORE YOUR TEST:

Clear liquid diet

Clear liquids such as water, seltzer, tea or coffee (without milk or non-dairy creamer), Gatorade, broth, clear/non-citrus fruit juice, Popsicles, Jell-O. **Avoid any red, blue or purple dye** in Gatorade, Popsicles and Jell-O. Drink at least 64 ounces of clear liquid.

### AT NOON:

- Take all four bisacodyl tablets with at least 8 ounces of clear liquid.
- Take 2 Simethicone pills
- Continue drinking clear liquids all day.

### AT 4 P.M.:

Begin drinking 2 liters of NuLytely/GoLytely, by drinking 8 ounces every 10 to 15 minutes. It will take you 90 minutes to 2 hours to drink the 2 liters. If the taste is objectionable, sip Fresca or other clear citrus beverage between mouthfuls of NuLytely/GoLytely. Please do not dilute prep with juice. You can add crystal light powder for taste. **\*You will have 2 liters left over for the morning dose.\***

### 6 HOURS BEFORE PROCEDURE:

- Drink remaining 2 liters of prep. It will take you 90 minutes to 2 hours to drink the 2 liters
- Once finished drinking prep take remaining 2 Simethicone pills.

### 4 HOURS BEFORE PROCEDURE:

Nothing by mouth, not even gum, candy or water.

**YOU MUST HAVE A RIDE HOME.** You will not be discharged from the Endoscopy Unit unless you are accompanied by a responsible adult who will either drive you home or accompany you home by taxi, Uber or bus.

**DIABETICS:** No short acting insulin the day of your colonoscopy. Do not take any oral diabetic medications the morning of your colonoscopy.

**If you take anticoagulants, blood thinners or iron supplements, these must be stopped before your procedure. Please check with your physician.**