



# *Digestive Health Specialists*

OF THE SOUTHEAST

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## INSTRUCTIONS FOR OUTPATIENT PROCEDURES/COLONOSCOPY

### GOLYTELY SPLIT PREPARATION

1. **FIVE DAYS PRIOR TO PROCEDURE: (Restricted Residue Diet) DO NOT EAT** nuts, seeds, popcorn, or corn. Discontinue fiber supplements such as Metamucil, Citrucel, Fiberall, etc.
2. **ONE DAY PRIOR TO PROCEDURE:** You may only eat or drink clear liquids the entire day prior to your test. You may have Jell-O, popsicles, clear juices that have no pulp, black coffee, tea, colas, etc. **NOTHING RED, PURPLE, OR BLUE AND NO DAIRY PRODUCTS!!!**
3. At 6:00 p.m., the day before your test, you should begin your GoLyteLy solution.
4. Drink one (8oz) glass of solution every 20-25 minutes until half (2L) of the solution is consumed. Refrigerate remaining solution, and begin the second half of the solution at \_\_\_\_\_ a.m. (6 hours prior to procedure) on the morning of your procedure. This solution should give you diarrhea so that your colon is clean for a good examination at the time of your test. If you do not drink all of the solution, your examination will be inadequate and may need to be rescheduled.+
5. On the day of your procedure do not eat or drink anything two hours prior to your arrival time. It is okay to take your required medication with only a small amount of water.