



Digestive Health Specialists

OF THE SOUTHEAST

INSTRUCTIONS FOR OUTPATIENT PROCEDURES/COLONOSCOPY

GOLYTELY 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 all of the solution is gone. 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 drink anything two hours prior to your arrival time. It is okay to take your required medication with only a small amount of water.