DHPT Digestive Health PARTNERS OF TEXAS

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GOLYTELY 2-DAY COLONOSCOPY PREP INSTRUCTIONS

Starting 2 DAYS before your procedure, you will be on a liquid diet.

This includes dairy products, smoothies, protein shakes, pureed soups, as well as any clear liquids.

You will also take **1 BOTTLE OF MAGNESIUM CITRATE AT 5PM ON THIS DAY**

1 day before your procedure you will be on a **clear liquid diet ALL DAY** (No Breakfast/Lunch/Dinner)

Clear Liquids Include: Jell-O, frozen popsicles, white grape juice, apple juice, gatorades, soft drinks (Sprite, Coke, Dr.Pepper etc) water, tea, black coffee with non-dairy creamer only.
Sugar is ok.

YOU MAY NOT HAVE: Anything with solid particles in it, tomato or V8 juice, orange juice. No pulp or dairy products. Nothing that is RED or PURPLE, no milkshakes, protein shakes or alcohol.

Mix GOLYTELY in the morning 1 Day before your procedure:

- It comes as a powder.
- Fill the container with water to the top fill line, shake well
- Put it in the refrigerator to chill.

At 9 AM: The day before your colonoscopy you will need to take 4 tablets of Dulcolax 5mg (over the counter)

At 12 PM: Start drinking the entire jug of Golytely. Drink one glass every 30 minutes until its gone. Continue on clear liquids up until midnight

Medications:

- See medications sheet

IMPORTANT: *Nothing by mouth after midnight the night before your procedure, except for your prep*

REMEMBER: The preparation is very important. An adequate clean out allows for the best evaluation of your entire colon. During the prep, using baby wipes may ease some of your discomfort.

YOU MUST HAVE SOMEONE TO DRIVE YOU HOME
No Uber, Lyft, Taxi or Bus !

Please call the office within 48 hours to **Cancel or Reschedule** your procedure to avoid a $150 charge. If you have any questions, please call Leslie at 972-408-4400

No Smoking/Vaping, Chewing Gum/Candy or Chewing Tobacco on the morning of the procedure