

## GOLYTELY Instructions for Your Colonoscopy

Date of Procedure \_\_\_\_\_ ARRIVAL Time \_\_\_\_\_

\_\_\_\_\_ Citrus Endoscopy Center: 6412 W Gulf to Lake Hwy, Crystal River (352) 563-0223

\_\_\_\_\_ Suncoast Endoscopy Center: 3621 E Forest Drive, Inverness (352) 637-2787

If you have questions or need to reschedule call **SHANNON** at (352) 563-2450 Ext 106  
(please be patient, it can take up to 24 hours for a return phone call)

Hold \_\_\_\_\_ Starting on \_\_\_\_\_

### Two days prior to your procedure:

- At **8:00 PM**
  - take 2 extra strength **GAS EX** tablets and use 3 packets of **Miralax** in 10 oz of water
    - Find both in the laxative aisle of your grocery store
- **DO NOT EAT SOLID FOOD: ALL CLEAR LIQUID DIET ONLY** (no alcohol or marijuana)
- It's OK to have apple juice, broth, tea, coffee, jello, soda, Gatorade or Powerade, popsicles
  - We recommend Gatorade, you need your sugars and electrolytes
  - **NOTHING RED OR PURPLE**, other colors are ok, **AND NO DAIRY PRODUCTS**
- **HYDRATION IS PART OF YOUR PREP!!! DRINK 8oz OF FLUIDS EVERY 90 MINUTES**

### One day prior to your procedure:

- Mix your **GOLYTEY** and refrigerate so it is cold when time to drink it
- Continue to push fluids 8 oz every 90 minutes
- At **3:00 PM** Drink 8 oz of the **GOLYTELY** every 15 to 30 minutes until the container is empty
  - Container needs to be empty by 9:00 PM
- At **8:00 PM** take 2 more **GAS EX** tablets

### The day of your procedure:

- **DO NOT DRINK ANYTHING AFTER 8:00 PM, NOT EVEN WATER**
- If you take any heart, blood pressure or seizure medications in the morning, take **ONLY** those medications with just a sip of water
- Take half dose of your usual insulin
- Bring your ID and method of payment
- Leave all personal items at home, We are not responsible for lost items
- Wear warm socks
- **ARRANGE FOR A DRIVE TO TAKE YOU HOME!**
  
- If you have an out of pocket expense our billing department will call you with that amount two days prior to your procedure
- The company that does our anesthesia bills separately (it still gets ran through your insurance)
- Pathology charges are generated after your procedure