



Middle Georgia Colorectal

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Bowel Prep Instructions Page 1 of 3

Please read these instructions carefully BEFORE starting this preparation.

1. Your prescription for GoLyteLy will be sent to the pharmacy we have on file before your procedure. Your prescription is usually called in one week prior to your colonoscopy unless otherwise requested sooner.
2. **On the day before your procedure you will begin your Clear Liquid Diet when you wake up. Do not consume solid foods this day. Nothing red, orange, blue or purple (i.e. red or orange Jell-O, popsicles, fruit ices, tomato juice, etc). Do not drink anything that contains pulp or seeds. Below are the following items that you can have the day of your bowel prep:**

Beverage: Water, lemon-lime drinks (Sprite or 7 Up), clear sports drinks (Gatorade, Power Ade)

Desserts: Lemon and/or Lime Jell-O, Yellow and/or Green Popsicles, Fruit Ices

Juices: Apple, Lemonade, White grape (No pulp or seeds)

Broths: Chicken or Vegetable (Broth only, no meat or vegetables)

3. You may mix the GoLyteLy with clear Gatorade instead of water. Shake well. The lemon flavoring packet that comes with the bowel prep is optional. At **2:00 PM** start drinking the first 2 liters of GoLyteLy. If you sip the solution please make sure you are done by 4:00 PM. Drink the additional 2 liters of the solution that evening at **8:00 PM**. If you sip the solution please make sure you are done by 10:00 PM. Drink at least 8 glasses of water while doing your prep to avoid dehydration. By the end of your prep you should be having clear to yellow bowel movements. Please let our office know if you are not completely clean the evening before your procedure after you have completed your prep.
4. **DO NOT DRINK ANYTHING RED, ORANGE, BLUE OR PURPLE!!!
DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT!!!**