

*Items needed to complete your prep:*

2 bottles GoLYTELY® (Prescription)



Upon waking up in the morning (2 days prior to your colonoscopy), you will start a clear liquids diet.  
**No solid food.**

<b>TWO days BEFORE Colonoscopy</b>	<b>Immediately upon waking up</b>	<ul style="list-style-type: none"> <li>• Upon waking up in the morning you will start a clear liquids diet. Drink at least 8-10 large glasses of water or clear liquids during the day to avoid dehydration.</li> <li>• Mix up the GoLytley® and put the bottle in the fridge.</li> </ul>
	<b>3PM</b>	<ul style="list-style-type: none"> <li>• Begin drinking the GoLytley®. Drink 8 oz every 15 minutes until it is gone. Continue clear liquids.</li> </ul>
<b>ONE day BEFORE Colonoscopy</b>	<b>Immediately upon waking up</b>	<ul style="list-style-type: none"> <li>• Upon waking up in the morning you will continue a clear liquid diet. Drink at least 8-10 large glasses of water or clear liquids during the day to avoid dehydration.</li> <li>• Mix up the GoLytley® and put the bottle in the fridge.</li> </ul>
	<b>3PM</b>	<ul style="list-style-type: none"> <li>• Begin drinking GoLTELY® 8 ounces every 15 minutes until it is gone.</li> </ul>

**\*\*YOU MUST STOP ALL CLEAR LIQUIDS AT MIDNIGHT\*\***

**Clear liquid diet list:**

- Gatorade, Powerade, Pedialyte, Smart Water
- Broth or Bouillon (no noodles, meat, or vegetables)
- Coffee or Tea (no milk or creamer)
- Carbonated or Non-Carbonated soft drinks
- Kool-Aid or Fruit Flavored Drinks (**no red or purple**)
- Jell-O or popsicles (**no red or purple**)

*\*Please avoid:* Alcohol, dairy products, noodles or vegetables in soup, liquids you CANNOT see through.