

BOWEL PREPARATION FOR COLONOSCOPY

GOLYTELY 4L PREP

PLEASE ENSURE YOU HAVE READ THROUGH THE ENTIRE DOCUMENT REGARDING COLONOSCOPY (SEPARATE DOCUMENT) THAT PERTAINS TO APPOINTMENT TIME, PROCEDURE DATE, LOCATION, INSTRUCTIONS FOR MEDICATIONS, ETC.

STEP 1:

PURCHASE AT ANY PHARMACY:

- 4L SOLUTION BOWEL PREP
- PEGLYTE OR GOLYTELY



STEP 2:

- Day Before Procedure:
 - You must have only clear fluids for the entire day and evening.
 - **NO DAIRY, NO SOLID FOOD, NO ALCOHOL.**
 - You may have clear broth, apple juices, carbonated clear beverages, popsicles, Jell-O, coffee or tea, sports drinks (Powerade, Gatorade, etc.)
 - **YOU MUST AVOID ANY RED, PURPLE, OR ORANGE DRINKS AS THESE COLOURS CAN INTEREFERE WITH THE PROCEDURE.**

STEP 3:

- Evening Before Procedure:
 - **At around 4PM** – Drink 2 Liters of PEGLYTE solution within 1-2 hours.
 - Continue to drink additional clear fluids as it is important to keep hydrated.

STEP 4:

- Morning of Procedure:
 - **5 hours before scheduled arrival time** - Drink 2 Liters of PEGLYTE solution within 1-2 hours.
 - **DO NOT EAT OR DRINK ANYTHING ELSE ASIDES FROM WATER.**
 - You should take your morning medications with sips of water. See other document for instructions on which medications to take.

DO NOT DRINK ANYTHING AT ALL FOR 2 HOURS PRIOR TO YOUR ARRIVAL.

PLEASE DO YOUR BEST TO ARRIVE AT YOUR APPOINTMENT ON TIME.