

Southwest Gastroenterology Associates
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Golytely Prep Instructions

- On _____, the **day prior** to your procedure, you will be **restricted** to a **liquid** diet for **the ENTIRE day**. Absolutely **No solid** foods. **No smoothies**.

*Water

*Broth

*Ice

*Soft Drinks

*Coffee

*Tea

*Jello

*Clear juices

*Popsicles

* Sugar or sugar substitute

- Liquids you **CAN NOT** consume:

***No dairy products**

***Nothing with red or purple**

*** No pulp products**

- You **MUST** drink 8 ounces of liquid or more every hour **all day** until bedtime. It is **VERY** important to **STAY HYDRATED** while on your liquid diet. If you do not drink plenty of liquids the prep will not work as well and could cause you to have a failed prep. **The key to a great prep is staying hydrated.**
 - At **5:00PM Fill** start drinking 1-2 glasses every 30 minutes until container is **HALF empty**.
 - After you finish the contents it is **VERY** important to drink an **additional (5) 8 ounce drinks** of liquid, taken at your own pace within the **next 5 hours**, before bed.
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- On _____ at _____ am 6 hours prior to your procedure (The morning of your procedure) start drinking 1-2 glasses every 30 minutes over the next 2 hours until container is empty. After you finish the contents it is **VERY** important to drink an **additional (3) 8 ounce drinks** of clear liquid, taken at your own pace within the next 2 hours. This will complete your Colonoscopy preparation.

- At _____ am **STOP ALL LIQUIDS** completely prior to your procedure.
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