



Extended Prep/GoLyteLy

Step 1- Five (5) Days Before Your Exam

- Beginning **five (5) days** before your test eat a **low fiber diet**. (avoid nuts, seeds, corn, raw (uncooked) fruits and vegetables, beans, lentils etc.. High fiber foods stay in your intestines a long time making it difficult to achieve a good colon cleanse.)

<p>Do not eat these foods starting 5 days before</p> <p>Stop eating high fiber foods like popcorn, beans, nuts, seeds, whole grain- or multi-grain breads or cereals, raw vegetables or fruits.</p> 	<p>You may eat these foods 5 to 3 days before your test:</p>  <p>White bread, white rice, pasta, eggs, etc.</p>
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- Twice during the day, mix 17 grams (1 capful) of MiraLAX with 8 oz. of water, juice or liquid of your choice, and drink it.
- Stop oral iron supplements. You can resume after your procedure.

Step 2- Four (4) Days Before Your Exam

- Drink at least 8 glasses of water during the day. Continue a low fiber diet
- Twice during the day, mix 17 grams (1 capful) of MiraLAX with 8 oz. of water, juice or liquid of your choice, and drink it.

Step 3 – Three (3) Days Before Your Exam

- Drink at least 8 glasses of water during the day. Continue a low fiber diet
- Twice during the day, mix 17 grams (1 capful) of MiraLAX with 8 oz. of water, juice or liquid of your choice, and drink it.

Step 4 – Two (2) Days before your exam No solid food for the entire day



Step 4 - Two (2) days before your exam cont.

- Twice during the day, mix 17 grams (1 capful) of MiraLAX with 8 oz. of water, juice or liquid of your choice, and drink it.
- You can only have clear liquids, such as JELL-O, popsicles, broth, tea, black coffee (without milk or cream) and juice
- You cannot eat solid food until AFTER your exam

Step 5 – One (1) Day Before Your Exam

- **6 pm** begin drinking 4 Liters of GoLYTELY. Drink one 8 oz. glass every 15-20 minutes until the 4 Liters are gone. Put the second 4 Liters in the refrigerator. This will cause you to have loose stools. Loose stool may not start until after you finish the next step of the prep. Continue drinking even if you have diarrhea. You may have nausea but keep drinking to be sure your colon is clean.

Step 6 - Day of Your Exam

- **At 2 am** drink another 2 Liters of GoLYTELY. You must finish drinking this within 2 hours.
- If your stools are not clear yellow (the color of urine) when you finish these 2 liters, drink the remaining 2 Liters of GoLYTELY but finish drinking four (4) hours prior to your arrival time.
- You may continue to drink **clear liquids until four (4) hours prior to your arrival time.**

*Please remember that your bowel movements should look like urine after finishing your prep.



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