

GoLyteLy

DO NOT EAT ANY SOLID FOODS ON THE DAY BEFORE YOUR TEST

Clear liquid diet only

The bowel preparation solution will be consumed in two parts.

GoLyteLy Colon Cleanse Instructions Day before Exam

Step 1 - Early in the Day: Prepare the GoLyteLy solution according to package directions and refrigerate (most people like it better chilled).

Step 2 - **At 4:30 pm** take 2 Dulcolax capsules with a glass of water.

Step 2 - Beginning **at 6:00 PM**: Start drinking the first 2 Liters of the Prep over the next 2 hours, finishing at 8:00 PM. A good pace is an 8 oz. glass every 15-20 minutes.

- The Prep will not keep you hydrated. You should continue drinking only clear liquids after you have started the prep.
- You may rinse your mouth with water or mouthwash after the Prep.
- You will most likely start having frequent liquid bowel movements within an hour of drinking GoLyteLy.

GoLyteLy Colon Cleanse Instructions Day of the Exam

Step 3 – Beginning **at 2:00 AM**: Drink the remaining 2 Liters of the Prep

- Drink the Prep over the next two (2) hours, finishing at 4:00 AM. **YOU MUST COMPLETE ALL OF THE PREP.**
- Your results should be light yellow to clear. The split dosage is important because it results in optimal clearing of the colon.
- You may continue drinking **clear liquids** up to four (4) hours prior to your arrival time.

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



Archbold
Gastroenterology