



Preparation for Colonoscopy with Golytely (Split dose)

Procedure date: _____ Arrival Time: _____

What to do the day before colonoscopy?

- Have a clear liquid diet throughout the day. Clear liquid diet excludes red and purple substances. No solid foods, milk products, fruits, seeds & nuts.
- Be sure to keep hydrated by drinking 8oz of clear liquid every hour before you start your prep.
- If you have diabetes mellitus, you may need to take half the dose of your medication while on clear liquid diet. Please, talk to your provider about this.
- Take 4 tablets of bisacodyl (Dulcolax) around 3 - 4 PM (over-the-counter)
- Mix your bowel prep agent with water as instructed on the package label. Refrigerate to chill.
- Starting at 5 - 6 PM, drink bowel prep agent at a rate of 8oz (1 cup) every 10-15 min until 8 cups are completed. If you feel nauseated, take a break until stomach settles and restart.
- Refrigerate remainder of solution.
- Before retiring, drink at least (2) 8oz. glasses of clear liquids to prevent dehydration.

What do I do on the day of colonoscopy?

- 12am – 2am: Drink 8 more cups of the bowel prep agent.
- Drink at a rate of 8oz every 10-15 min until finished.
- Be sure to keep hydrated by drinking 8 oz. of clear liquid every hour in addition to your prep agent. Avoid further fluid intake 4 hours before your scheduled colonoscopy. If you are diabetic, do not take oral diabetic medications or short acting insulin on the day of your colonoscopy. Talk to your provider about this.

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Colonoscopy will take place at

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