

MARIETTA MEMORIAL HOSPITAL DEPARTMENT OF SURGERY

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GO-LYTELY BOWEL PREP

Please - No roughage (raw fruits, vegetables, nuts, or whole grains) for three days before the colonoscopy.

THE DAY BEFORE YOUR PROCEDURE _____

Prepare Go-Lytely according to instructions on bottle and refrigerate it for later use. DO NOT ADD ICE.

CLEAR LIQUIDS ALL DAY!

Breakfast, Lunch, and Dinner: All Clear Liquids – Clear soup broth, lemon or lime Jell-O, water, coffee or tea, 7-Up, Sprite, Ginger Ale, banana popsicles, apple juice, white grape juice, white cranberry juice (**nothing red, orange or grape**). No milk or milk products. No alcohol.

****IF YOU ARE DIABETIC, PLEASE USE SUGAR FREE PRODUCTS.**

You will receive a phone call the day before your procedure for your arrival time between noon and 2 p.m. If you are scheduled for a procedure on a Monday, they will call you the Friday before the procedure.

*******FOLLOW THESE STEPS*******

1 p.m. Start drinking a glass of Go-Lytely solution every 10-20 minutes until it is completely gone.

Drink plenty of clear liquids throughout the day!

NOTHING TO EAT OR DRINK AFTER MIDNIGHT. THIS INCLUDES LIQUIDS, FOOD, BREATHE MINTS, AND CHEWING GUM.

Medications: Do not take Ibuprofen, Aleve, or any NSAIDS five days prior to your procedure. You may take Tylenol. If you use an inhaler, use it the morning of your procedure and bring rescue inhaler.

DAY OF PROCEDURE:

- ✓ You may take necessary medications with a sip of water.
- ✓ Go to the Surgery Department the time specified by the Surgery Department.
- ✓ IT IS VERY IMPORTANT TO HAVE SOMEONE DRIVE YOU HOME.



MEMORIAL
HEALTH SYSTEM
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