



Marietta Memorial Hospital Department of Gastroenterology

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Golytely Checklist for Colonoscopy

1 DAY PRIOR TO PROCEDURE

- Begin a clear, liquid diet** (i.e clear soup broth, lemon/lime Jell-O, water, coffee, tea, Sprite, Ginger-Ale, apple juice/white grape juice). Avoid liquids with red, orange, blue, or purple food coloring as well as milk, alcohol, and solid foods.
- Drink at least 8 glasses of water** during the day to avoid dehydration.
- 4PM: Drink one glass of Golytely every 15 minutes until 2 liters is consumed.** Complete this within a 2-hour time frame. Take 2 Dulcolax (laxative) tablets by mouth. These may be purchased over-the-counter.
- 7PM: Begin drinking Golytely again and continue to do so until the entire jug is consumed.**

DAY OF PROCEDURE

- Avoid eating or drinking** unless you have been instructed otherwise.
- Take necessary medications** with a small sip of water.
- Arrive at the hospital** at your specified procedure time.
- Bring a trusted individual with you or have them arrive following your procedure to drive you home. **You are required to have a driver.**

Your preferred pharmacy is listed as: _____

This prep will be sent to your pharmacy.



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Frequently Asked Questions:

What can I expect as I ingest Golytely?

Mild nausea, mild hunger, and/or profuse, watery bowel movements.

Can I do anything to improve the taste of the Golytely?

You may add crystal light flavoring to the Golytely. You can also suck on a lemon for a change of taste. Do not add any coloring agents to Golytely.

When should I go to the emergency room?

Call our office if you are unsure if you should visit the emergency room. Bodily responses that may require you to go to the emergency room involve intolerable nausea/vomiting, intolerable abdominal pain, and/or bloody stools.

May I continue to take my daily aspirin and/or pain medications?

You may take this the day prior to your procedure, but please do not take the day of your procedure.

May I continue to use my inhaler?

Yes. Use your inhaler the morning of your procedure and bring it with you to the hospital.