



*Digestive Health  
Specialists*  
OF THE SOUTHEAST

## **GOLYTE INSTRUCTIONS**

### **THE DAY BEFORE PROCEDURE**

- Clear liquids diet only. **No solid foods**
- Allowed liquids: Water, Strained fruit juices (without pulp) including apple, orange, white grape, or white cranberry • Limeade or lemonade • Coffee or tea (DO NOT use any dairy or non-dairy creamer) • Chicken broth • Gelatin desserts without added fruit or topping (NO RED OR PURPLE)
- DO NOT CONSUME MILK, ALCOHOL, OR ANYTHING RED OR PURPLE
- **\*\*\*Mix the solution the day before your colonoscopy and refrigerate before drinking. You may add the flavor pack that came with the bowel preparation. DO NOT add ice, sugar, or any other flavorings to the solution\*\*\***
- **At 12 noon the day before your colonoscopy:**
  - Take Dulcolax (bisacodyl) 5mg tablet by mouth
- **At 5PM the evening before your colonoscopy:**
  - Drink an 8oz glass of bowel preparation every 10 minutes for a total of 8 glasses
  - You may continue to drink clear liquids until midnight

### **THE MORNING OF YOUR PROCEDURE**

- Beginning **6 hours** before your colonoscopy arrival time:
  - Drink an 8oz glass of bowel preparation every 10 minutes for a total of 8 glasses
  - 15 minutes later, drink an 8oz glass of clear liquids every 15 minutes for a total of 2 glasses
  - You may continue to drink clear liquids up to 3hrs before your arrival time