



**Mercy Clinic Gastroenterology**  
4205 McAuley Blvd., Ste. 375  
Oklahoma City, OK 73120  
**Phone: 405-749-4247**  
Fax: 405-749-4249

Provider: \_\_\_\_\_

**Colonoscopy (GoLYTELY) Prep Sheet**

**INFORM YOUR DOCTOR IF YOU TAKE: DIET, WEIGHT LOSS PILLS/SUPPLEMENTS, PRADAXA, XARELTO, IRON, COUMADIN, WARFARIN, OR ANY BLOOD THINNERS**

(Stop diet pills **7 days** before your procedure. Stop taking Iron **5 days** before your procedure)

Do **NOT** eat fruit, salads, seeds, corn, tomatoes, etc. Starting **4 days** before procedure, as they are hard to digest.

1. The day before your procedure:

- **Start a clear liquid diet in the morning. *NO SOLID FOODS***
- Fill the container with the amount of water indicated on the container. Use lukewarm water to help the medication dissolve faster. GoLYTELY solution must be mixed well before using. After mixing refrigerate the container.
- At **2:00 PM** begin drinking the GoLYTELY. Drink one 8-ounce glass every 15 minutes until **HALF** *the container is left*. Be sure to **SHAKE WELL** before each use. **DO NOT** add any sugars, sweeteners, or other additives to the solution. If you have problems feeling full or nauseous, stop drinking until that sensation passes and then resume.

2. The day of your procedure:

- **Stay on the clear liquid diet. *NO SOLID FOODS***
- **6 hours before your procedure:** drink the other half of the container until it is EMPTY. Be sure to **SHAKE WELL** before you drink.

If you are taking diabetic medications, **DO NOT TAKE ANY** of these medications the day of your procedure. Continue your normal medications with enough water to swallow comfortably.

**Stop ALL clear liquids FOUR HOURS before your procedure.**

3. You **MUST** bring someone 18 years or older **to stay during the procedure** and to drive you home. Otherwise, the procedure will not be done.

4. Please follow these instructions completely. These instructions are designed to make the colonoscopy prep as easy as possible for your procedure. If your colon is not completely empty and clean, the procedure may have to be repeated.

5. Your **ARRIVAL** time is **1 HOUR AND 15 MINUTES before your procedure.**

The address for your procedure is: **4300 W. MEMORIAL RD, OKLAHOMA CITY, OK 73120**

### Expected Stool Color Changes During Bowel Preparation



### CLEAR LIQUID DIET GUIDELINES

#### Purpose:

Clear liquids may be used in conditions where it is necessary or desirable to reduce the amount of materials in your digestive system. In this regard, clear liquids are commonly prescribed prior to visual examinations.

#### Recommended Liquids:

- Water, clear sparkling water, sprite, 7-up, Ginger Ale, Mountain Dew, Fresca, Club soda
- Powered or bottled sports drinks: Crystal light, Gatorade, Powerade (**NO RED OR PURPLE**)
- Clear Juices (**NO PULP**): Apple, white grape, lemonade
- Popsicles, Jell-o, Hard Candies – **NO RED OR PURPLE**
- Clear broth or bouillon (chicken or beef)
- Coffee and tea (**NO MILK OR CREAMER OF ANY KIND**)

#### NO DAIRY PRODUCTS

#### ABSOLUTELY NO RED OR PURPLE

Jell-o, Gatorade, Soda, Popsicles, fruit ice, etc.

#### DO NOT DRINK ALCOHOLIC BEVERAGES