

Colonoscopy bowel Preparation: GOLYTELY (Split Prep) Instructions (updated 08/17/2026)

It is important that you follow the directions below exactly as they are stated. It is **VERY** important that your colon (Large Intestine) is completely clean and empty. This is so your exam will be comfortable, accurate and safe. You need to start the preparation for the exam ONE (1) day before your scheduled exam and finish the remaining prep early the morning of the procedure. **DO NOT EAT SOLID FOODS, SOFT OR THICK LIQUIDS THAT ARE NOT LISTED BELOW. SHOULD YOU CONSUME WHAT'S NOT LISTED YOUR PROCEDURE MAY BE CANCELLED. YOU MUST CONSUME ALL OF THE PREP OR YOUR PROCEDURE MAY BE CANCELLED.**

<u>7 days before the exam</u> *Drink 1 capful of Miralax in 8oz water or juice daily for 5 days prior to starting Golytely *HOLD iron and aspirin *HOLD other blood thinners per your Cardiologist's recommendations *HOLD all injectable diabetic medications such as: Ozempic, Trulicity, Mounjaro, Victoza, Wegovy or Zepbound **<u>Find a family member or friend to drive you.</u> *If unable, please contact one of these ASC approved transportation services: - Para Transit: (808) 893-0000 - Local Kine Taxi: (808) 242-8011 - Ride Assist, Rose Ulep: (808) 205-0890	<u>4 days before the exam</u> *If you have not done so pick up your prescription at the pharmacy and ask for the lemon flavoring. <u>*AVOID all RAW vegetables, nuts and small seeds</u> starting this morning until after your procedure. They will get stuck in the camera and make it difficult to finish the colonoscopy. <u>*If Vegetarian</u> discuss options with your doctor <u>*Stop Jardiance (Empagliflozin), Dapagliflozin (Farxiga), or Canagliflozin (Invokana)</u> if you are taking this medication	<u>1 day before the exam</u> * HOLD all Oral diabetic pills. *Start fasting with clear liquids after you wake up *Begin a <u>clear liquid diet</u>. You <u>can</u> have clear broth bouillon, coffee and tea (<u>without creamer</u>), water, Gatorade, Powerade, Pedialyte, clear carbonated and non-carbonated soft drinks Ex: sprite and 7 up NOT cola or Pepsi, strained fruit juices (NO PULP), Jell-O, popsicles, and hard candy <u>** NO RED OR PURPLE LIQUIDS**</u> *Drink at least 6 glasses of water or clear liquids before and after the prep. *At 10am start drinking Golytely, 8 ounces every 20-30 minutes until <u>3 liters of the bottle is finished</u> *Save the remaining 1 liter for the morning before your procedure. *If you are nauseous wait 30 minutes, then drink 6 ounces every 15 minutes. *Resume clear liquids the remainder of the evening	<u>Day of the exam</u> <u>5 hours before your check in time:</u> *Drink the remaining 1 liter of Golytely over one hour. <u>4 hours before your check in time:</u> *Resume clear liquids including water for 1 hour. *Take blood pressure medication if you have it. <u>3 hours before your check in time:</u> *Stop drinking all liquids. No ice. No pills. *You could vomit during the procedure if these are not stopped. *Your stool should be clear yellow like lemonade. *If brown or green stool, please administer a fleet enema at home or call ASC to inform the doctor (808) 893-0578 <u>Bring to procedure</u> *Driver's license *Insurance Card *Picture ID
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