

FISHERS DIGESTIVE CARE
ANIL YAKHMI, M.D.

Colonoscopy Prep: Golytely (Colyte) Split-Dose Prep

You Will Need:

Golytely (Colyte) bowel prep (from the pharmacy—prescription needed), four (4) Dulcolax tablets

To Do the Day Before the Examination

Drink only **clear liquids** for breakfast, lunch, and dinner. **Solid foods, milk, and milk products are not allowed.** Clear liquids include the following, as long as they are not red or purple:

Strained fruit juices without pulp (apple, white grape, lemonade), water, clear broth or bouillon, coffee or tea (no milk or creamer), Gatorade, carbonated or non-carbonated drinks, Kool-Aid or other flavored drinks, plain Jell-O, and popsicles. Coke and Pepsi are okay.

Mix Golytely (Colyte) in one gallon of tap water as per instructions until the powder is completely dissolved. Refrigerate the solution.

DULCOLAX TABLETS: Take 4 Dulcolax tablets between 5:00 and 6:00 p.m.

First Dose of Golytely (Colyte) (approximately half gallon): Start between 6:00 and 7:00 p.m.

- Drink approximately 8 oz. every 10-15 minutes until the solution is finished.

To Do Five Hours Before the Procedure

Second Dose of Golytely (Colyte) (remaining half gallon): Start 5 hours before your scheduled procedure time.

- Drink approximately 8 oz. every 10-15 minutes until the solution is finished.
- Finish at least 3 hours before the scheduled procedure time.

Notes:

- **You may need to set your alarm to wake up 5 hours before your procedure time to take the second dose of Miralax prep.**
- You can take clear liquids until 3 hours before your procedure.
- Arrive for the colonoscopy at the scheduled arrival time with a person who can drive you home.
- If you cannot tolerate the bowel prep or have any questions, please do not hesitate to contact Dr. Yakhmi at (317) 415-9277
- **Do not** take the prep if you believe you may be pregnant.