

## GOLYTELY (4 litre) Preparation Instructions

### The day before your colonoscopy:

**Clear fluids only:** clear fluids are fluids you can see through (see examples below). Some patients (previous poor bowel preparation, chronic constipation or constipating medications), may require 2 days of clear fluids.

**Prepare the preparation:** as per the instructions on the bottle. Use only water to mix the solution. You may add flavouring (like ginger ale) after mixing. Put the bottle in the fridge (is easier to drink when it's cold).

**Between 6 – 8 pm: drink 2 litres of the bowel prep solution** over 2 hours. Drink about one cup (250 mL) every 10 -15 minutes.

While preparing for your colonoscopy, it is important to drink an additional 1 liter (or more) per day of clear fluids per to prevent dehydration. A carbohydrate or electrolyte fluid (such as Gatorade) is preferred.

### The day of your colonoscopy:

**4 to 6 hours before your hospital arrival time, drink the last 2 litres of the bowel prep solution.** For example, if your hospital arrival time is 10 am, start drinking the last 2 litres at 5 am. Drink about one cup (250 mL) every 10 -15 minutes until finished.

**Drink clear fluids up until 2 hours before your arrival time to hospital, then nothing by mouth (except necessary medications with sips of water).** *Clear fluids include: sport drinks (Gatorade/PowerAde), soup broth (without noodle and crackers), coffee/tea (without milk or cream), clear pulp free juices (apple, white grape, white cranberry, lemonade), water, Kool-Aide, Juice Popsicles, Jello-O, Gingerale, 7-Up, Sprite.*

### Tips for successfully completing your preparation:

- Chill solution in the fridge (do not add ice to the laxative itself). If you get chilled while drinking, leave it on the counter.
- You may find it easier to drink the preparation quickly and with a large straw.
- Suck on a cough drop (like Halls Menthol™) – numbs the taste buds so that you can't taste the laxative.
- Chase it with a drink of a clear fluid that you like - helps clear the laxative taste
- If you get nauseated, take a break – let your stomach settle and then start drinking the laxative again.

*If you have any questions about your preparation, please call (780) 624-7529 (Endoscopy unit at the Peace River Community Health Centre)*