### Colon Prep #3: GoLytely Extra Dose (2-Gallons)

**Calendar Dates**

<table>
<thead>
<tr>
<th>5 DAYS PRIOR: General instructions</th>
<th>5 DAYS PRIOR: Medical Instructions</th>
<th>1 DAY PRIOR: (Drink 1.5 gallon GoLytely)</th>
<th>PROCEDURE DATE: (Drink 0.5 gallon GoLytely)</th>
</tr>
</thead>
</table>
| Last chance to cancel appointment or you will be charged a **NO SHOW FEE** of $250. | **From This Day On, Until The Procedure:**  
**TURN PAPER OVER FOR LOW FIBER DIET**  
Stop eating any seeds, nuts, corn, popcorn, whole-grain bread, crunchy vegetables and potato skin. OK to continue soluble fiber such as Metamucil, Citrucel, or Benefiber. OK to eat meats.  
**STOP:** ___________________________  
for __________ days before procedure. | 7 AM: Mix both GoLytely containers with 1 gallon of water each and store in refrigerator.  
**Entire Day:** Clear liquid diet (no solids foods!): clear fruit juice without pulp such as apple juice, white grape juice, broth, Gatorade (No Gatorade Frost), popsicles, coffee or tea without cream. Small amount of Jell-O is OK. No milk, red, blue, or purple colors.  
**If you take diabetes medicine:** Refer to the instruction sheet "Colonoscopy Patients with Diabetes".  
8 AM: drink GoLytely, 8 oz. glass every 15 to 30 minutes as tolerated. Finish 8 glasses or half gallon.  
12 Noon: drink the 2nd half gallon of GoLytely, 8 oz. glass every 15 to 30 minutes as tolerated until gone.  
6 PM: drink 2nd gallon of GoLytely, 8 oz. glass every 15 to 30 minutes as tolerated. Finish 8 glasses and save the remaining 8 glasses for the morning.  
**What to expect:** Lots of diarrhea! If not, try an OTC Fleet enema. If you are nauseated, stop and pause for an hour. Maalox or Tums may help. OK to continue drinking water, apple juice or white grape juice in the evening as needed.  
**NO ALCOHOL** | ____ AM: drink the remaining GoLytely, one 8 oz. glass every 15 to 30 minutes until it is gone. You may have to get up very early for the morning dose and the timing is critically important. Also, do not stop the prep even if you think your stool is clear, as fecal matter often comes out intermittently. **A good prep should result in CLEAR yellowish watery stool (not cloudy) that looks like clear urine.**  
**____ AM:** **STOP DRINKING ALL LIQUIDS, INCLUDING WATER, 4 HOURS PRIOR TO YOUR CHECK IN TIME.**  
Early morning: take your usual prescribed medication with small sip of water except for blood thinners and insulin.  
**AGAIN, be sure to bring:**  
- Medication list  
- A driver  
- Photo ID/Insurance card  
- Eyeglasses/Hearing aids  
You **CANNOT** drink alcohol or drive for 12 hours after the test. |

**Supplies:**  
- 2 Gallons - GoLytely or a generic equivalent (prescription)  
- MiraLAX (OTC), optional  
- Fleet enema (OTC), optional

CPT Codes: Colonoscopy 45378-45385; **ICD-10 codes:** screening Z12.11; Hx Polyps Z86.010; Fx Polyps Z83.71; Fx Colon CA Z80.00; Other: ____________

REVISED 12/14/18