

**Endoscopy Center of Yuma**  
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### **Golytely Bowel Preparation**

**Patient Name:** \_\_\_\_\_

**Day and Date of colonoscopy:** \_\_\_\_\_

**Arrive at:** \_\_\_\_\_ \*A 48 hr notice is required for cancellation of procedure. \*

Endoscopy Center of Yuma       YRMC       Focused Imaging of Arizona

You **MUST** have someone with you to drive you home after the procedure. If you do not, the procedure will NOT be done.

**If you have any questions regarding your preparation, please call Endoscopy Center of Yuma at (928) 343-1717.** After hours or to cancel your appointment, call Yuma Gastro at (928) 344-4325.

**MEDICINE: Seven days prior to exam, STOP IRON.**

**PURCHASE: 2 Dulcolax tablets (10mg total), and fill prescription for Golytely at any pharmacy.**

#### ***Day before Exam***

- May eat a light breakfast by 9 a.m.
- **NO SOLID FOOD AFTER 9 a.m.**
- **CLEAR LIQUID DIET\* ONLY.**
- Fill gallon of Golytely with water. Refrigerate solution.
- **Diabetic Medications:** Take half the usual dosage of insulin or pills.
- **Other Medications:** Take as scheduled (at normal times).

#### ***Noon- Day Before Exam***

- Take 2 Dulcolax tablets with a large glass of clear liquid.

#### ***Evening before Exam***

- **At 6pm**, drink 1 cup (8 ounces) of the Golytely every 15 minutes until you have drank approx. 2 liters (1/2 gallon). Drink 2 liters in 2 hours or less.

#### ***Morning of Exam***

- **Five hours prior to your exam**, drink 1 cup (8 ounces) of the Golytely every 15 minutes until you have finished the remaining 2 liters. Finish in 2 hours or less.
- **Three (3) hours before your arrival time, STOP DRINKING LIQUIDS and take your blood pressure and heart medications.**
- **No Diabetic Medications until after your procedure.**

**CLEAR LIQUID** is any liquid that you can see through. Examples: apple juice, white grape juice, sports drinks. Do not drink milk or juices with pulp. Avoid red and purple drinks.